

LSCO Times

500 – 11 Street South, Lethbridge, AB T1J 4G7 • Phone: 403-320-2222 • www.lethseniors.com

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FAMILY
 just the right mix of
CHAOS & LOVE

Join Us for

SERENITY FOOT CARE Tuesday, February 4
HEARING SCREENING Thursday, February 13
REFLEXOLOGY Friday, February 14
LSCO CLOSED MONDAY, FEBRUARY 17
3 C's Starts Thursday, February 20
FREE NECK & SHOULDER MASSAGES Wednesday, March 4
LSCO AGM Tuesday, March 31

8th ANNUAL

Live Well Showcase

A TRADE SHOW FOR ACTIVE AGING
 Lethbridge Senior Citizens Organization

Thursday, April 30th 10 am - 5 pm
Friday, May 1st 10 am - 3 pm

Booking Exhibitors Now
 Contact LSCO at 403-320-2222



Contact LSCO or Kendall Gibson at k.gibson@telus.net
 53 booths already taken but there is room for your business if you act soon.





Executive Director

Rob Miyashiro
rmiyashiro@lethseniors.com

Something happened last week that I would like to share with you.

But first...my preamble: It has been apparent to me for quite some time that people need reminding that LSCO is a registered charity and is incorporated under the Societies Act. This means that, although we need to operate in a business-like manner, we are a service organization and not a business. The top of our organizational chart is a volunteer Board of Directors not a paid Board. Our revenues are derived from over 20 sources, 70% of which are self-generated and only 4.5% come from membership fees (we rely on users to pay their way rather than have memberships pay for activities). We provide quality services, supports, facilities, equipment and classes at affordable rates below what is priced in the full retail market so we can be accessible to the largest

amount of people. And as you expect us to provide value for all of the above, our expectations of those accessing LSCO are quite simple: treat our staff and each other with respect, and don't wreck the building and equipment.

The story I want to share addresses that last point. Someone thought the maintenance of the equipment in the Fitness Centre wasn't up to *their* standards so they put up a "petition" in the Fitness Centre demanding that the equipment be maintained to *their* standard. Not one person addressed these concerns with Shawn nor Jodie nor me, which would be the rational step in making your issues known to someone that could act on the concerns – and would be the respectful way to raise a concern. Needless to say, the person with the "petition" reacted negatively when confronted about his behaviour, he insisted that what he did was correct and appropriate and then he angrily stormed off making threats to report me to the Board.

My point in this article is to reinforce the notion that, as a service organization, we walk a fine line between financial success and distress and that we (Board, staff, members, participants, guests) need to work together to get things done and to move LSCO forward. So be the one that steps up when something needs to be done and speak to the right people...and please don't be the "petition" guy. ★

Golden Mile Singers

If you enjoy music or love to sing we would like to meet you.

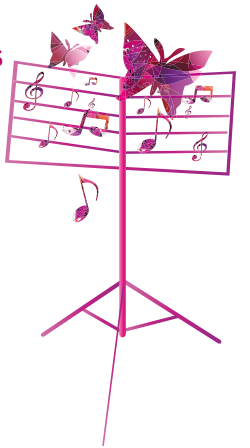
You are invited to visit with us Tuesday mornings from 10:00 to 11:30 a.m. in Rooms C & D.

Fee is LSCO membership or \$2 for non-members.

We are looking for a Pianist and any musician who loves music or singing.

We hope to bring pleasure or a smile to our many shut-ins in care those in care centres.

For more information contact:
Lethbridge Senior Citizens Organization
403-320-2222 or Arleen at 403-327-1813.
LSCO ~ 500 - 11th Street South



Some emotions don't make a lot of noise. It's hard to hear pride. Caring is real faint - like a heartbeat. And pure love - why, some days it's so quiet, you don't even know it's there.
Erma Bombeck

LSCO MOW
Meals on Wheels
403-327-7990

Volunteers Needed for Meals on Wheels!
We require Drivers and Couriers to deliver meals within the City of Lethbridge.
Time Commitment:
One and half hours – two hours.
If interested in volunteering for meal delivery, please call: **403-327-7990**
500 - 11th Street South, Lethbridge, Alberta T1J 4G7
E-mail: mow@lethseniors.com

OUR COMMUNITY PARTNERS

In recognition for the ongoing support of LSCO

Lethbridge
HEARING CENTRE



London Road
market



In recognition for the ongoing support of LSCO Meals on Wheels

teamworks
career centre



urban grocer



ITALIAN
TABLE ESTD 2018

LSCO will be CLOSED Monday, February 17th for Family Day

LSCO Times

A MONTHLY PUBLICATION OF THE LETHBRIDGE SENIOR CITIZENS ORGANIZATION

A proprietary publication of the Lethbridge Senior Citizens Organization. Editorial or advertising enquiries should be directed to the LSCO, telephone 403-320-2222.

Check out the website! www.lethseniors.com and register online.

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 Printed by. Lethbridge Herald

The Officers of LSCO

2019 – 2020 Executive:

President Elect:
 President: Keith Sumner Past President: Bob Maslen
 Secretary: Craig Rumer Treasurer: Stan Coxson

Board of Directors:

Vaughan Hembroff, Don McInnes, Merri-Ann Ford, Clifford Brown, Karen Johnson, Bob Morrow and Marlys Reynar.

LSCO **403-320-2222**

Staff Members:

- Executive Director – Rob Miyashiro
rmiyashiro@lethseniors.com ext. 24
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- Support Services Coordinator –
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- LEARN Case Manager – Joanne Blinco
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- Marketing & Media Coordinator – Lisette Cook
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- Program Development Coordinator – Shawn Hamilton
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- Administrative Support – Kari Martin
kmartin@lethseniors.com ext. 21
- Chef – Brenda Fettig ext. 27
- Chef – Bonnie Jadeske ext. 27
- Food Service Cashier – Georgette Mortimer ext. 27
- Adult Day Program Supervisor – Sharon Appelt
sappelt@lethseniors.com ext. 32
- Alberta Supports Call Centre 1-877-644-9992
www.albertasupports.ca

For all your health inquiries, call the Chinook Health LINK number 1-866-408-LINK (5465) It's free!

The LSCO accepts no warranty and accepts no liability resulting from incorrect, incomplete or misleading information or its improper use. Articles may be edited for space requirements.

If anyone has any issues or concerns with any of the advertisers in LSCO Times, please let us know so we can address the issue.

Visit us on Facebook!
<http://www.facebook.com/pages/Lethbridge-Senior-Citizens-Organization/149140883844>



LSCO Vision Statement

“An active, healthy community which is learning, growing and making a difference.”

Welcome New Members!

Marilyn Pocock	Andrew Bronson
Beverly Nalder	Barbara Lundstad
Wayne Nalder	Rod Draffin
John Gerlock	Jan Heetebrij
Wilma Gerlock	Joseph Dermo
Barbara Bourk	Robin Dermo
Dwain Bourk	Dennis Perin
Bill Ginther	Sandra Lodge
Joan Ginther	Brenda Nixon
Diane Dmytryshyn	Mark Nixon
Marti Jeacock	James Nemeth
Rowan Hansen	Lynne Crow
Paul Kenwood	Peter Van Katwyk
Bob Boudreau	Helen Van Katwyk
Ken Rogalsky	

A Smile is the Universal Welcome.

LSCO ANNUAL GENERAL MEETING

TUESDAY, MARCH 31, 2020
STAGE AREA

BUSINESS MEETING
1:15 P.M. ~ 1:45 P.M.


TOWNHALL MEETING
1:45 ~ 2:00 P.M.

FREE COFFEE & COOKIES
DRAW FOR \$50 LSCO GIFT CARD FOR ALL ATTENDEES

Breakfast MENU

8:00 am – 1:00 pm Weekdays


OPEN TO THE PUBLIC \$6.50
 Non-Members Add 15%



Thank you!

A big thank you goes out to Hilda Daw from the LSCO Knitting Group. She is busy all year knitting socks from donated wool to give to charity at Christmas (35 pairs). Also, a thank you goes out to the ladies that help making shawls and small lap quilts for Edith Cavell Nursing Home. Your time and effort is appreciated. Thanks again.

Greetings from the Boutique






Love is in the Air

It is February and that means it is Valentines at the Boutique. Come in and see all the new items. It may still be winter but March will bring hope for Spring.

LSCO Hours of Operation

Monday – Friday, 8:00 am – 4:30 pm
 Holidays vary – watch our calendar.

WE NOW ACCEPT VISA, MASTERCARD & INTERAC PAYMENTS AT THE ADMINISTRATION DESK!

Register ONLINE



LSCO 2020 Classes
www.lethseniors.com

LSCO Times Publishing Schedule

Issue	Deadline
March	February 14
April	March 20

Please have all ads and articles in by these dates to ensure inclusion in paper. Thank you.

“Stop the glorification of busy. Busy, in and of itself, is not a badge of honor. It is okay to not be busy. Repeat this with me: It’s okay to not be busy.”

~ Joshua Becker

Our Director, Karen Johnson, posted this quote on Facebook yesterday and it reignited a thought I’ve had lately. The first two years of retirement were a transition period for me. It felt strange, even uncomfortable, not to have a list of things that had to be done; activities that were beyond my control but required my attention. I even felt out of place sitting on a park bench sipping a coffee, enjoying the outdoors. I was accompanied with a nagging feeling I should be doing something, or people walking past me would be thinking I was lazy for sitting there in the middle of the day, in the middle of the week.

At the gym, early on weekday mornings, it’s mostly us retirees working out. Invariably if



President’s Message

Keith Sumner

I ask someone how they are, they don’t tell me how they’re feeling but rather how busy they are. Close friends and family respond the same way.

Having gone through the retirement transition period, all this busyness now strikes me as humorous. Retirement is tough, it’s 24/7; there’s no annual leave, no weekends. The bonus is that no one can really tell me what

I must do. Fact of the matter is I control my calendar. I decide when to book in activities. I have regular meetings I’m committed to but the rest of the activities I can schedule around those commitments. If I start to feel I’m too busy it’s because I’ve scheduled events too close together. I’ve learned to say, “No, the lack of planning on your part does not constitute an emergency on mine.”

I’ve arrived at this attitude, in part, from reading books by such authors as Michael Singer, Thich Nhat Hanh, Eckhart Tolle and the Dalai Lama. The common theme in their works is how our minds want to be busy and thus we don’t have the opportunity to consider what are the important things in life.

Am I wrong in adopting this attitude? Maybe, but for now it’s working and I’m enjoying my retirement; so in the meantime...

Namaste. ★

How downsizing can be a serious upgrade

It’s not downsizing at all—it’s rightsizing. Your home should be a refuge and a place of comfort. If it’s a source of stress instead, it may be time to make some adjustments. Rightsizing can be an exciting opportunity to focus on what’s important to you and channel your resources into things that truly make life better.

Have less stress, more free time. A large house is a big responsibility. If tending to yardwork, maintenance and bills is taking up too much time and energy, finding a new home that needs less upkeep can be a serious lifestyle upgrade. There’s no need to sacrifice what you love — the huge variety of home offerings today means there’s something for everyone. Avid gardeners can find rightsized homes with ample yards, while those who like walkable communities with lots of social activities can find land-lease communities. If you hate maintenance,

condos could be for you. In short, there’s a style of home out there that will let you spend more time pursuing your favourite things.

Free up cash. A home with a smaller mortgage (or no mortgage at all) can unlock some serious cash to spend on what really makes you happy. A rightsized home can also mean lower costs for utility bills, property taxes, insurance and other home expenses. Money that you no longer have to devote to your home can be put towards what matters most to you. Whether it’s putting the kids through school, vacation plans, a golf membership or investing in those flying lessons you’ve always wanted, you’ll be able to use your money for things you love instead of having it locked up in your house.

Be planet friendly. One of the best changes we can all make for the planet is to consume

less. Finding a rightsized home can be a great step in this direction. A smaller home will consume less energy, especially homes that incorporate high-efficiency windows and heating, smart thermostats and other eco-friendly tech. Smaller homes also require less of everything, from furnishings to cleaning products. A home in a walkable community that offers amenities and social activities nearby can help you further reduce your carbon footprint.

Having less house stress to worry about can be truly uplifting. The variety of homeownership options available today creates an exciting opportunity to find a home that helps you pursue your ideal lifestyle.

Find out more at parkbridge.com.

www.newscanada.com



MENU ~ FEBRUARY 2020

Breakfast served from 8:00 am ~ 1:00 pm • Lunch served from 11:00 am ~ 1:00 pm

The Dining Room is now accepting Debit, Credit, Cash or LSCO Gift Cards

Non-Members add 15% • Menu subject to change without notice

★ Sandwich & Salad Special Changes Daily ~ See Menu Board in Dining Room ★



Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
Entree: Italian Sausage Starch: Tomato Pasta Soup: Chef’s Choice	Entree: Salmon Loaf Starch: Oven Roasted Potatoes Soup: Chef’s Choice	Entree: Roast Beef Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Chicken Thighs Starch: Rice Soup: Chef’s Choice	Entree: Roast Pork Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
Entree: Quiche Starch: Hash Browns Soup: Chef’s Choice	Entree: Beef Stir Fry Starch: Rice Soup: Chef’s Choice	Entree: Pork Chops Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Shepherd’s Pie Starch: Bun Soup: Chef’s Choice	Entree: Chicken Alfredo Starch: Pasta Soup: Chef’s Choice
Monday, February 17	Tuesday, February 18	Wednesday, February 19	Thursday, February 20	Friday, February 21
LSCO Closed for Family Day	Entree: Baked Ham Starch: Scalloped Potatoes Soup: Chef’s Choice	Entree: Cranberry Chicken Starch: Rice Soup: Chef’s Choice	Entree: Pork Stew Starch: Steamed Potatoes Soup: Chef’s Choice	Entree: Meat Loaf Starch: Mashed Potatoes Soup: Chef’s Choice
Monday, February 24	Tuesday, February 25	Wednesday, February 26	Thursday, February 27	Friday, February 28
Entree: Chicken Stir Fry Starch: Rice Soup: Chef’s Choice	Entree: Cabbage Roll Casserole Starch: Mashed Potatoes Soup: Chef’s Choice	Entree: Sausage Starch: Mac & Cheese Soup: Chef’s Choice	Entree: Pork Bites Starch: Hash Brown Casserole Soup: Chef’s Choice	Entree: Lasagna Starch: Garlic Toast Soup: Chef’s Choice

MENU ITEMS AVAILABLE IN DINING ROOM

Breakfast Special MEM \$6.50	NM \$7.50	Soup (Small) MEM \$3.25	NM \$4.00	Chicken Fingers MEM \$7.00	NM \$8.25
Dinner Special MEM \$9.00	NM \$10.35	Hamburger MEM \$5.50	NM \$6.50	Chicken Fingers & Fries MEM \$8.50	NM \$9.75
Sandwich Special MEM \$5.75	NM \$6.95	Hamburger & Fries MEM \$7.00	NM \$8.00	Homecut Fries MEM \$3.25	NM \$4.00
Soup (Large) MEM \$4.25	NM \$5.50	Cheeseburger MEM \$6.25	NM \$7.25	Poutine MEM \$5.40	NM \$6.25
		Cheeseburger & Fries MEM \$7.00	NM \$8.75		

Tips to Stay Positive

Life is busy! People are pulled in multiple directions, feeling obligated and responsible, and unable to say that tricky little word ... “no”. It’s easy to feel overwhelmed and unhappy, even angry when you believe you are losing control. Anger is a normal and healthy emotion, however its important to deal with it in a positive way. Negative anger can affect your relationships and your overall health and wellbeing. Check out these tips to stay positive:

- **Think before you speak** – Take a few moments to collect your thoughts before you speak.
- **Once you are calm, express your anger** - Present your frustrations and needs in an assertive non-confrontational way without blaming.
- **Get some exercise** – Physical activity is a great way to manage stress. Join one of our new classes to burn some anger and meet some new people.



LSCO Social Worker
Heather Bursaw
 hbursaw@lethseniors.com
 403-320-2222 ext. 57

- **Take a time out** – Sounds silly right?! But by giving yourself a break, or 2 during the day to prepare yourself can help you regain a sense of control.
- **Identify possible solutions** – Move your focus from what made you angry, to how you can make your situation better. Staying angry doesn’t resolve anything, and may actually make it worse.
- **Use “I” Statements** – By using “I” statements to describe the problem, you are

taking responsibility for your needs and feelings and not blaming someone else for theirs.

- **Don’t hold a grudge** – The negativity and energy it takes to hold a grudge can be all consuming. Forgiveness is a powerful tool.
- **Use humour to release tension** – Sometimes being able to laugh at yourself or your situation can really provide perspective to the situation.
- **Practice relaxation skills** – There are so many ways to use relaxation effectively, journaling, deep-breathing exercises, talking yourself through your challenge with a calm voice etc. Do what feel’s right to help yourself relax!
- **Know when to seek help** – We all have times in our lives where anger can be hard to control. If your anger feels out of control, or causes you to regret or hurt those around you, please ask for help. ★

Reference: Mayo Clinic Adult Health 4 May 2018

BARS, PLATES



WEIGHTS

This class is designed to increase participants physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat. Intermediate to advanced fitness level. Instructor: Tracy Simons.

When: Tuesdays
 January 7 – March 17
 Time: 8:00 – 8:50 am
 Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays
 January 8 – March 18
 Time: 12:05 – 12:55 pm
 Drop In Fee: \$6 LSCO M; \$9 NM



Flexibility is not a pre-requisite to attend a yoga class nor do you need experience. In this class Skip Cooper will lead you through simple movements to help improve balance, flexibility, range of motion for joints and more. During this class you may use chairs, blocks and straps. If you have a yoga mat bring it. If not some will be available. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays
 January 8 – March 25
 Time: 8:30 – 9:30 am
 Drop In Fee: \$6 LSCO M; \$9 NM

Chair Yoga

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays
 January 8 – March 25
 Time: 9:35 - 10:25 am
 Drop In Fee: \$3 LSCO M; \$5 NM



Community Volunteer Income Tax Program

WE WILL BE BOOKING APPOINTMENTS
STARTING FEBRUARY 24th.

Appointments will not begin until **March 12th.**

Book your appointment at the Administration Desk or by calling 403-320-2222.

Do you qualify for this FREE service?

Volunteers DO NOT prepare returns for:

- Individuals who:
- report business or rental income and expenses;
 - report capital gains or losses; • report employment expenses;
 - filed for bankruptcy; or • died in the tax year.

Income thresholds for eligible individuals

Taxpayer status	Annual income
Single person	up to \$35,000
Couple	up to \$45,000
One adult with one child	up to \$40,000
Each additional dependent	up to \$2,500
Interest income less than	\$1,000



Get \$1,000!

move-in by February 15th

- Bright, private suites with kitchenettes
- Weekly housekeeping & maintenance
- 3 meals daily plus coffee, tea & snacks
- Social & recreational activities
- 24-hour emergency response
- Utilities (heat, electricity, water)
- And much more!



One Bedroom
starting at \$1,989*

only
4 left!

Studio
starting at \$1,721*



only
3 left!



Affordable Retirement Living

Book Your Tour, Call (403) 320-9363
or visit agecare.ca/RetireColumbia

*Pricing based on AgeCare Subsidized Rates



POWER WALKING with Jamie

We pack in a lot of walking fun in this 50-minute workout. These classes include a warm-up followed by high intensity interval training, all while walking! Finish with a cool down and stretch. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle. Intermediate to advanced fitness level.

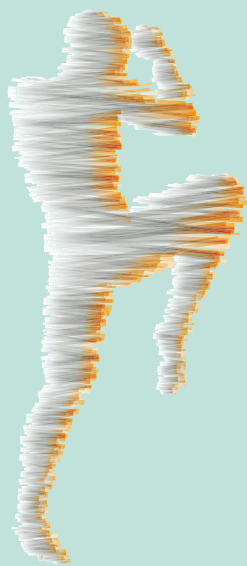
When: Wednesdays
January 8 – March 25
Time: 9:10 – 10:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier



BUTTS AND GUTS

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Finish off with a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle. Instructor is Tracy Simons.

When: Mondays, January 6 – March 16
(no class February 17)
Time: 10:30 – 11:30 am
Drop In Fee: \$6 LSCO M; \$9 NM
When: Wednesdays, January 8 – March 18
Time: 1:15 – 2:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
When: Thursdays, January 9 – March 19
Time: 5:15 – 6:00 pm
Drop In Fee: \$6 LSCO M; \$9 NM



Cardio Kickbox

Cardiobox is a combination of a cardio workout with the strength and resistance of boxing, kicking, skipping and running drills. It's a great way to expend calories and release any stress or tension you may have.

When: Tuesdays
February 11 – March 17
Time: 10:00 – 11:00 am
Fee: \$33 LSCO M; \$48 NM
Instructor: Tracy Simons
Register by: Friday, February 7
Location: Room A/B

Create Healthy Habits
not RESTRICTIONS

Harmony Taekwon-Do

Taekwon-Do is one of the world's most popular martial arts and now older adults and seniors have the opportunity to learn ITF Taekwon-Do too. Taekwon-Do literally translates to the art of kicking and punching. While traditional Taekwon-do focuses on kicking and punching, Harmony Taekwon-Do focusses on the "art". Harmony Taekwon-Do offers countless physical and mental benefits to the practitioner by adapting the traditional Taekwon-Do program to be more suitable and harmonising for the older adult. Ms. Nicole Stratyчук, 4th Degree Black Belt Instructor is certified by the International Taekwon-Do Federation to teach the Harmony Taekwon-Do program. She has been practicing Taekwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle. Instructor is Nicole Stratyчук.

When: **Session 2:** Mondays & Wednesdays, February 24 – April 1
Time: 1:15 – 2:15 pm
Fee: \$69 LSCO M; \$96 NM
Register by: Friday, February 21



National Volunteer Appreciation Week: April 19-25, 2020

I am eagerly planning National Volunteer Appreciate Week to celebrate our volunteers at LSCO. We will be hosting our traditional volunteer appreciation supper and other activities throughout that week. More details to come next month.

In the spirit of appreciation of our volunteers, I will be featuring a volunteer in the *LSCO Times* every month. Nominations for this featured volunteer are encouraged by our volunteers, staff and members of LSCO.

The nomination forms and confidential box will be inside my office.

VOLUNTEERS NEEDED

Winners Bingo is a very important fundraiser for LSCO. It is crucial to our daily operations. We require eleven volunteers 11:00 am – 4:00 pm, every Monday and Thursday. A free lunch is provided at the bingo hall when you volun-



Volunteer Coordinator
Shiloh Sabas
 volunteer@lethseniors.com
 403-320-2222 ext. 31

ter. We are critically short on volunteers. Please contact Kari Martin at our front desk if you can help us, in anyway, to fulfill this fundraising commitment.

PHOTO DIRECTORY UPDATE

I am working to update our volunteer photo directory. If you are a recent volunteer or have not had your photo taken before, I would like to see your smiling faces in my office. Thanks!


DINING ROOM AND KITCHEN SHIFT CHANGES

Our kitchen and dining room is busier than it ever has been. I give credit and thanks to Brenda and Bonnie for their cooking! In supporting our kitchen staff and kitchen volunteers, changes were needed.

We now have three Meals on Wheels kitchen preparation shifts from 8:00 –10:00 am daily. This is in addition to our two kitchen preparation shifts daily from 9:00 am – 12:00 pm.

We also implemented a order/table number system for our busy breakfast and lunch times. Thank you for supporting us in these changes.


A special thanks to Volunteer Lethbridge for their continued support and partnership with our organization. ★




Making Lemonade Out of Lemons

Do you have a piece of art work that just doesn't work or you know something but can't figure it out. Well this is a great class to work it out. The first week we will exam your piece or pieces and try to pick out a course of action on how to fix or correct elements that will make help your piece be more effective. The next week we will come back after you have adjusted your art work and see if it's working any better. It's a great way to fix those troublesome areas and hopefully save your artwork. Even Picasso didn't always create a masterpiece. Supply List available.

When: Wednesdays, March 18 & 25
 Time: 10:00 am – 12:00 pm
 Fee: \$25 LSCO M; \$50 NM
 Instructor: Donna Gallant
 Register by: Monday, March 16




We may have all come on different ships, but we're in the same boat now.
 Martin Luther King, Jr.
 BrainyQuote




If you are interested in learning the game of pickleball, register for this 4 week course. The first 2 weeks are very important to attend. If you cannot commit to them it is suggested not to register. The last 2 weeks are for regular play. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration. Instructor is Rhonda McInnes.

When: **Session 2:** Fridays
 February 7 - 28
 Time: 9:15 – 11:00 am
 Fee: \$30 LSCO M; \$50 NM
 Register by: Wednesday, February 5

When: **Session 3:** Fridays
 March 6 - 27
 Time: 9:15 – 11:00 am
 Fee: \$30 LSCO M; \$50 NM
 Register by: Wednesday, March 4

When: **Session 1:** Saturdays
 February 1, 8, 22, 29
 Time: 9:15 – 11:00 am
 Fee: \$30 LSCO M; \$50 NM
 Register by: Wednesday, January 29



I am pleased to introduce you to Emma Morter. Many of you may not recognize her; she often comes when she's finished school and outside of regular hours.

Emma is a grade 12 student at LCI and has been volunteering with us since she was 15 years old. Emma is our volunteer schedule building expert. Shawn, the staff and I, have depended on her numerous times. She is accountable, responsible and comes to help us at a moments notice.

She will be volunteering regularly with us until she leaves for nursing school in September. Emma will also be training another 10th grade student to replace her before she leaves to pursue her nursing education.

Leisters Home Care, which also supplies healthcare workers with uniforms and health care related tools, generously donated a gift card for her to use to purchase her very first stethoscope. Thank you Leisters Home Care for supporting and giving to our special gold star volunteer.

We are so proud of you Emma. Thank you for all your help and being a part of our community.



If somebody is **different from you**, that's not something **you criticize**, that's something that **you appreciate**.

– Barack Obama

AZ QUOTES


PICKLEBALL lessons

POWER-FULL CIRCUIT

A new early morning option! Power-FULL is 50-minute circuit workout that starts out with 15-20 minutes of cardio, adding in strength and stability training for the remainder of the class. All fitness levels welcome.

When: Thursdays
 January 9 – February 27

Time: 8:00 – 8:50 am
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Tracy Simons





Social Work Practicum Student

Kennedy Coston

Hello! I would like to take the opportunity to introduce myself. My name is Kennedy Coston and I am a social work practicum student. I am obtaining my Bachelor of Social Work through the University of Calgary; however, I am studying at the University of Lethbridge campus. I feel privileged to have Heather Bursaw and Joanne Blinco as my supervisors who have a wealth of experience and expertise to impact my journey as a young social work student.

I was born and raised on a small farming community called Rimbey, so Lethbridge has only been home for about 2 years, but I can say that I really enjoy the city and all that it has to offer. I especially enjoy the warmer weather in Southern Alberta.

I obtained a Social Work Diploma from Red Deer College straight out of high school. I

remember when I started my post-secondary education, I had interests in working within the scope of child intervention services; however, in my first practicum experience at a long-term care facility, I developed a passion for working with seniors. This motivated me to pursue education in an avenue that allows me to fight against ageism, and to express my value for the wisdom and life experience that seniors have. Another practicum experience of mine took place at the Golden Circle Seniors Center in Red Deer. This learning opportunity taught me that aging can propose challenges that may require support services in a variety of areas.

I am very grateful to have the opportunity to develop my professional identity at the Lethbridge Senior Citizens Organization because this agency offers plenty of services and supports that cater to any area of needs a senior may have. I enjoy the atmosphere this center has to offer with the various activities and programs going on and I look forward to becoming a part of this busy hub within the community. I look forward to meeting some of you and getting a chance to learn about LSCO firsthand from members like yourselves. Hopefully we can stay warm until winter wraps up, and I wish you good health and happiness throughout 2020. ★

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Great minds discuss ideas;
average minds discuss
events; small minds
discuss people.

~ Eleanor Roosevelt

POUND FITNESS

Wednesday evenings we will use Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. This is an exhilarating full-body workout that combines cardio, conditioning, and strength training movements.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

When: Wednesdays
January 8 – March 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jeannie Ng

POUND®
ROCKOUT. WORKOUT.

CIRCUIT TRAINING

During this 4-week program, (twice per week) you will be lead through structured strength, cardiovascular, and flexibility training sessions. Classes are designed for those who are new to exercising with weights and for those who have experience (beginner & intermediate). Classes will be held in the Fitness Centre. Please note: you do not have to be a member of the Fitness Centre to register; however if you would like to workout other days of the week you will want to purchase a pass. Wear comfortable exercise clothing, indoor shoes; bring a water bottle. Instructor: Jamie Hillier.

When: Session 2: Tuesdays & Thursdays February 4 – 27	When: Session 3: Tuesdays & Thursdays March 3 – 26
Time: 1:30 – 2:30 pm	Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM	Fee: \$40 LSCO M; \$60 NM
Register by: Friday, January 31	Register by: Friday, February 28

Psychology Month is celebrated every February to highlight the contributions of Canadian psychology and to teach Canadians how psychology works to help them live healthy and happy lives, help their communities flourish, help their employers create effective workplaces, and help their governments develop good policies.

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Step/HIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIT intervals as muscle isolation intervals. You'll leave each class in a fantastic mood. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Tuesdays, January 7 – February 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Erich Dyck
Location: Gym 2

Cooking Classes are back!

Note: New Dates

Come Join Us for the

3C's

Cooking, Conversation & Companionship

A six week cooking class for individuals who live alone.

Instruction will be given each week to create simple, healthy meals to be taken home. The six week session offers the opportunity to interact with individuals in the same circumstances and the chance to develop new friendships.

When: Thursdays, Feb. 20 – Mar. 26
 Time: 2:30 – 4:00 pm
 Where: McKillop United Church
 2329 15th Avenue South
 Register by: Monday, February 10, 2020

This is a joint partnership between McKillop United Church and LSCO.

LSCO Chef **Brenda Fettig** will guide you through the creation of wonderful meals in the kitchen at McKillop. The cost for the **3 C's** is \$60 per person (including supplies). Fee must be paid at time of registration.

Call Lethbridge Senior Citizens Organization to register.
403-320-2222

DID YOU KNOW: Beer is one of the oldest recorded recipes in the world, with documentations of the beverage dating back to around 5,000 BC and the ancient Egyptians.

Free Neck & Shoulder Massages!

The Lethbridge College Massage Therapy students will be here at the LSCO on **Wednesday, March 4** from 10:00 am until 12:00 pm in the Card Area of the LSCO Dining Room.

The students will provide free neck and shoulder massages on a first come, first served basis.



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WALKING WITH WEIGHTS

Start the week out right by participating in this energetic walking class! You will use weights and a variety of other exercise equipment to give you an overall body workout. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Mondays
 January 6 – March 16
 (no class Feb. 17)
 Time: 9:10 – 10:00 am
 Drop In Fee: \$6 LSCO M; \$9 NM
 Instructor: Tracy Simons

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Everything gets better when you get active.

I have been interested in the ParticipACTION movement since hearing about it in school (The movement started in 1971). Remember the iconic Body Break segments in the 70-90's? When the movement first started, Canadians were apparently struggling to achieve their physical activity goals, and 30 year old Canadians were about as fit as 60 year old Swedes. By 2007 'modern' lives were leading us to an inactivity crisis with complex remedies (we need a Greta!).

So after 50 years you would think we might get it right? The report card on Physical Activity for Adults rates us with a D in overall physical activity.

The Canadian Health Measures Survey (Stats Can) revealed that Canadians were far less fit in 2009 than they were in 1981. Obesity rates had sky-rocketed in both teenagers and adults – and the most pronounced decrease in fitness levels were between the ages of 20 and

Message from the Board of Directors

by Karen Johnson

39. (Note that those 30 year olds are now 40 and soon prospective members at LSCO!) In 1981 the internet did not exist, cable television and video games were in their infancy, and fast food choices were limited. In the 70's-90's Canada had a Fitness Award Program administered in school – discontinued in part because it discouraged those it was intended to motivate. Interesting that in 2011 Canada's physical activity standards were softened, hoping that making the goals easier to reach (and match those set by the World Health Organization) more Canadian would be persuaded to get moving.

In 2019 Only 16% of adults between 18-79 years of age achieve at least 150 minutes of weekly moderate to vigorous physical activity in a week. However, 52% do take at least 7,500 steps per day which is considered a physically active lifestyle.

I am proud to see the activity at LSCO – being active and building social bonds allows us to not only stay connected to our community, but releasing those endorphins makes us happier! Reminder to bring a friend and stay active!

https://participation.cdn.prismic.io/participation/ab4a4d1a-35a3-40f1-9220-7b033ae21490_2019_ParticipACTION_Report_Card_on_Physical_Activity_for_Adults.pdf ★

Karen Johnson is an LSCO Board Member, retired from the City of Lethbridge Community Services division. Karen is an avid volunteer; supporting several running events, the dragon boat community, University of Lethbridge Senate and Sunrise Rotary. She is a taiko drummer, weaver, lover of Yoga, and coach.

LSCO FITNESS CENTRE **Hours**

Monday ~ Friday
7:30 am - 4:30 pm

SATURDAYS
9:00 am – 1:00 pm

Hours may change.

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February At a Glance

See website for additional details

- Sat **FEB 01** | 1–2 pm
Peacekeeper Dolls
Hands-On History | Families
- Wed **FEB 05** | 10:30–11:30 am
Bookmarks
Hands-On History | Adults & Seniors
- Wed **FEB 05** | 2–3 pm
Creating Art, Teaching Art, Sharing Art
Lecture | Adults & Seniors
- Thu **FEB 06** | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors
- Thu **FEB 06** | 7–9 pm
Needle Felted Hearts
Hands-On History | Adults & Seniors
- Fri **FEB 07** | 1–2 pm Soil & Sand
Hands-On History | Families
- Sat **FEB 08** | 1–2 pm
Make Valentines
Hands-On History | Families
- Wed **FEB 12** | 10:30–11:30 am
Archival Valentines
Hands-On History | Adults & Seniors
- Thu **FEB 13** | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors
- Thu **FEB 13** | 7–8 pm
From Opportunity to Internment: Ukrainian Immigration
Lecture | Adults & Seniors
- Sat **FEB 15** | 1–2 pm
Blackfoot Bingo
Hands-On History | Families
- Mon **FEB 17** | 10–1 pm
Family Day Brunch
Museum Community Day | All Ages | Free Admission
- Wed **FEB 19** | 10:30–11:30 am
Pisko Paintings
Hands-On History | Adults & Seniors
- Wed **FEB 19** | 2–3 pm
We'll Meet Again
Lecture | Adults & Seniors
- Thu **FEB 20** | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors
- Sat **FEB 22** | 1–2 pm
Landscape Painting
Hands-On History | Families
- Wed **FEB 26** | 10:30–11:30 am
Mountain Art
Hands-On History | Adults & Seniors
- Thu **FEB 27** | 7–8:30 pm
Blackfoot Language Class
Class | Adults & Seniors
- Sat **FEB 29** | 10:30–11:30 am
Indigenous History Program
Lecture | Adults & Seniors
- Sat **FEB 29** | 1–2 pm
Groovy Art
Hands-On History | Families

Family Day Brunch
Mon **FEB 17** | 10–1 pm

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Fit February at LSCO

How do I register?

- Online at www.lethseniors.com
- In person, call 403-320-2222

How do I pay?

- By debit, cash, cheque, Visa or MasterCard. Not required to use Paypal when registering online.

How do I find additional classes?

- Read the monthly LSCO Times, check the bulletin boards, visit www.lethseniors.com.

ONLINE REGISTRATIONS

- Members and non-members are able to register online for many of the classes.
- If a program says **Out of Stock** feel free to give us a call as space may be available or to put your name on a waiting list.
- If you are registering for someone else online, please remember to include their name in the notes or give us a call.
- You can use Mastercard or Visa when registering online. There is no need to use a Paypal account.

DID YOU KNOW?

- Workout enthusiasts 18 - 35 years of age can attend classes and programs after 4:30 pm.
- LSCO has Change Rooms with Showers. Day Lockers available.

IMPORTANT

- Please sign up before the register by date to receive the best price listed. Classes are subject to a \$5 increase after this date.

- Ultimate Fitness Members are welcome to drop in to most classes offered. It is recommended that you register at the desk for those popular classes. Please arrive at least 10 minutes prior to class start time.
- If you missed the deadline and are interested in participating, please ask or email shamilton@lethseniors.com to find out if there is room!
- LSCO Member (LSCO M); Non Member (NM)
- Please note: If the instructor is unavailable to teach due to illness or unforeseen circumstances we will do our best to contact you prior to your class.
- When weather causes LSCO to close the facility unfortunately, we will not be able to make up the classes.

CREDITS AND REFUNDS

- **Please ensure you are registering for the correct class. Due to the popularity of many of the classes, refunds cannot be given after the register by date.**
- Participants withdrawing prior to the register by date are subject to a \$5 Administration Fee.
- If requesting a refund or credit due to medical reasons after the class has begun participants will be subject to a \$5 Administration Fee. If there is a waiting list for the class a refund will not be given.
- **Refunds** will be given if LSCO cancels a course. Participants also have the option of taking a credit. Credits must be used in 12 months from the date given.
- At times programs may be cancelled due to meetings, holidays, low attendance, special events, etc. Please watch for notices.

Taekwon-Do, QiGong & Tai Chi

HARMONY TAEKWON-DO

TaeKwon-Do is one of the world's most popular martial arts and now older adults and seniors have the opportunity to learn ITF TaeKwon-Do too. TaeKwon-Do literally translates to the art of kicking and punching. While traditional Taekwon-do focuses on kicking and punching, Harmony Taekwon-Do focusses on the "art". Harmony TaeKwon-Do offers countless physical and mental benefits to the practitioner by adapting the traditional TaeKwon-Do program to be more suitable and harmonising for the older adult. Ms. Nicole Stratychuk, 4th Degree Black Belt Instructor is certified by the International TaeKwon-Do Federation to teach the Harmony TaeKwon-Do program. She has been practicing TaeKwon-Do for 25 years and looks forward to bringing this exciting new program to Lethbridge. Wear comfortable clothes, indoor shoes and bring a water bottle. Instructor is Nicole Stratychuk.

When: **Session 2:** Mondays & Wednesdays
February 24 – April 1
Time: 1:15 – 2:15 pm
Fee: \$69 LSCO M; \$96 NM
Instructor: Nicole Stratychuk
Register by: Friday, February 21

Yoga & Pilates

HATHA YOGA

Experience the benefits of Hatha Yoga to help you relax, build strength, improve balance and enhance your quality of life. Our safe, gentle approach offers spiritual nourishment as well as health benefits. You'll come away refreshed, renewed and invigorated. Instructor is Leigh Monette.

When: Wednesdays, January 8 – March 25
Time: 10:00 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Location: All Purpose Room (downstairs)

CHAIR YOGA

Perform yoga poses and breathing exercises with the aid of a chair. This gentle class may help you increase strength, flexibility, range of motion for joints, and stress reduction. Chair yoga is suitable for all fitness levels and conditions.

When: Wednesdays, January 8 – March 25
Time: 9:35 - 10:25 am
Drop In Fee: \$3 LSCO M; \$5 NM

GENTLE YOGA

Gentle yoga classes are a great place to take it slower and experience the benefits of yoga. If you are new to yoga or haven't practiced yoga for a while this may be the class for you. Wear comfortable clothing; bring a mat, blanket and water bottle. Plan on practicing barefoot or wear nonslip socks.

When: Tuesdays & Thursdays
January 7 – March 26
Time: 9:30 - 10:30 am
Drop In Fee: \$6 LSCO M; \$9 NM

MEN'S YOGA

Flexibility is not a pre-requisite to attend a yoga class nor do you need experience. In this class Skip Cooper will lead you through simple movements to help improve balance, flexibility, range of motion for joints and more. During this class you may use chairs, blocks and straps. If you have a yoga mat bring it. If not some will be available. Wear comfortable clothing, bring a yoga mat and water bottle.

When: Wednesdays, January 8 – March 25
Time: 8:30 – 9:30 am
Drop In Fee: \$6 LSCO M; \$9 NM

YOGA Noon Hour

This moderately paced class teaches safe alignment in foundational yoga poses assisting students to build strength, increase flexibility and breath awareness. Wear comfortable workout clothes, bring a yoga mat, water bottle All skill levels welcome. Instructor is Melanie Hillaby.

When: Tuesdays, January 7 – March 31
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays, January 9 – April 2
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

PILATES

This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 12:05 – 12:55 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: June Dow

Exercise & Fitness

GENTLE EXERCISE

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 10:15 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: June Dow

When: Fridays, January 10 – March 27
Time: 10:15 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simon

LOW IMPACT CARDIO

This energizing class will set you up for a great day and help improve your cardiovascular fitness. Wear comfortable workout clothes, indoor sneakers.

Bring a water bottle. Intermediate to advanced fitness level.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Debbie Palmer

BARS, PLATES & WEIGHTS

This class is designed to increase participants physical strength through weight-bearing and resistance exercises. All major muscle groups are worked. We will begin with a warm up, followed by weights and finish with stretching for a complete workout. Weighted bars with weighted plates and additional exercise equipment will be used. Wear comfortable workout clothes, indoor exercise shoes. Bring a water bottle and yoga mat. Intermediate to advanced fitness level. Instructor: Tracy Simons

When: Tuesdays, January 7 – March 17
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM

When: Wednesdays, January 8 – March 18
Time: 12:05 – 12:55 pm
Drop In Fee: \$6 LSCO M; \$9 NM

BUTTS & GUTS

A strong core is essential to balance, posture and movement. This class will work on improving the overall strength of your abdominals, buttocks and legs. During this challenging, fun class, you will be using your own body weight, bands, tubing and other exercise equipment. Finish off with a stretch. Dress in comfortable workout clothing and indoor footwear. Bring a yoga mat and your water bottle. Instructor is Tracy Simons.

When: Mondays, January 6 – March 16
(no class February 17)
Time: 10:30 – 11:30 am
Drop In Fee: \$6 LSCO M; \$9 NM

BUTTS & GUTS

When: Wednesdays, January 8 – March 18
Time: 1:15 – 2:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM

BUTTS & GUTS

When: Thursdays, January 9 – March 19
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM

NEW CARDIO KICKBOX

Cardio Kickbox is a combination of a cardio workout with the strength and resistance of boxing, kicking, skipping and running drills. It's a great way to expend calories and release any stress or tension you may have.

When: Tuesdays, February 11 – March 17
Time: 10:00 – 11:00 am
Fee: \$33 LSCO M; \$48 NM
Instructor: Tracy Simons
Register by Friday, February 7 to receive the best price.
Location: Room A/B

CIRCUIT TRAINING

During this 4-week program, (twice per week) you will be lead through structured strength, cardiovascular, and flexibility training sessions. Classes are designed for those who are new to exercising with weights and for those who have experience (beginner & intermediate). Classes will be held in the Fitness Centre. **Please note:** you do not have to be a member of the Fitness Centre to register; however if you would like to workout other days of the week you will want to purchase a pass. Wear comfortable exercise clothing, indoor shoes; bring a water bottle.

Instructor: Jamie Hillier.

When: Session 2: Tuesdays & Thursdays
February 4 – 27
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, January 31

When: Session 3: Tuesdays & Thursdays
March 3 – 26
Time: 1:30 – 2:30 pm
Fee: \$40 LSCO M; \$60 NM
Register by: Friday, February 28

CIRCUIT TRAINING 3X

This 3 times a week training program will sure to please you. See description above.

When: Session 3: Mondays, Wednesdays & Thursdays, March 2 – 26
Time: 1:30 – 2:30 pm
(Thursday class is 2:40 – 3:40 pm)
Fee: \$55 LSCO M; \$90 NM
Register by: Friday, February 28

2020 XPRESS CYCLE

Join Jamie for 20 minutes of high intensity cycle and 20 minutes of core & stretch. She will give modifications. Plan on having fun while getting an amazing mid-day workout.

When: Thursdays, January 9 – March 26
Time: 12:10 – 12:50 pm
Drop In Fee: \$6 LSCO M; \$9 NM

INDOOR CYCLING

Enjoy the benefits of riding a stationary bike. Options will be given for all levels of riders. Wear comfortable clothes and bring a water bottle.

When: Fridays, January 10 – March 20
Time: 11:15 – 12:00 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simons

SUSPENSION TRAINING COMBO

Suspension training (TRX) uses straps, gravity, and your body weight to increase strength, balance, flexibility, and core stability. Simply by changing resistance and altering body position, each participant can customize their workout for their own needs and goals, making it a great option for ALL FITNESS LEVELS! It's also a great option for anyone who wants to add cross-training into their workouts. A variety of equipment will be used including stationary bikes.

When: Thursdays, January 9 – March 26
Time: 9:00 – 9:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

SUSPENSION TRAINING COMBO

This class incorporates the use of suspension training (TRX), cycling, weights and a variety of other exercise equipment to give you a high intensity workout. Perfect class to set you up for the day.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 12:10 – 12:50 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

TRX COMBO

Kick start 2020 with this energizing class. Combined with strength and cardio you will work towards fitness goals. Use your own body weight to develop strength, balance, flexibility and core stability. Come and SUSPEND with your friends or meet new ones to boost metabolism, build strength and improve heart health.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 5:15 – 6:15 pm

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Jeannie Ng
Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

CORE CAFÉ Xpress

You never know what will be on the menu at the Core Café! Join us for 40 minutes of strengthening exercises to take your core fitness to the next level. Not only does this include your abdominals but your back and all the stabilizing muscles throughout your torso. A perfect fit for your noon get away from the office. Change rooms with showers & lockers available.

When: Tuesdays, January 7 – February 25
Time: 12:10 – 12:50 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

POUND FITNESS

Wednesday evenings we will use Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. This is an exhilarating full-body workout that combines cardio, conditioning, and strength training movements.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Individuals 18 years of age and up welcome by paying a drop in fee of \$9.

When: Wednesdays, January 8 – March 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jeannie Ng

WALKING with WEIGHTS

Start the week out right by participating in this energetic walking class! You will use weights and a variety of other exercise equipment to give you an overall body workout. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Mondays, January 6 – March 16
(no class February 17)
Time: 9:10 – 10:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simons

POWER WALK with Jamie

We pack in a lot of walking fun in this 50-minute workout. These classes include a warm-up followed by high intensity interval training, all while walking! Finish with a cool down and stretch. Wear comfortable exercise clothes and indoor exercise shoes. Remember to bring a water bottle. Intermediate to advanced fitness level.

When: Wednesdays, January 8 – March 25
Time: 9:10 – 10:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

EVENING POWER WALKING

Join Jerry as he puts you through his power walking routine. Light hand weights will be used (optional) and all fitness levels are welcome. Wear comfortable clothes, indoor exercise shoes and bring a water bottle.

When: Wednesdays beginning January 8
Time: 6:30 – 7:30 pm
Fee: \$2 Drop In (each Wednesday)
Instructor: Jerry Brown

STEP/HIIT

Join Erich for this fun and energetic class while getting a great workout! The bench step, handheld weights and other equipment may be used. Experience some step choreography as well some HIT in-

tervals as muscle isolation intervals. You'll leave each class in a fantastic mood. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Tuesdays, January 7 – February 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Erich Dyck
Location: Gym 2

STEP

Using a bench step, you'll move your way through fun, choreography combinations that will give your heart the cardio boost it needs to stay healthy and happy. Low impact options will be given. Wear comfortable clothes, indoor footwear and bring a water bottle. Individuals 18 years of age and up welcome. Drop in fee of \$9 non members. Try to arrive 10 minutes prior to class as space is limited.

When: Thursdays, January 9 – March 26
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Erich Dyck
Location: Room A/B

STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays, January 8 – March 25
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Debbie Palmer

Power-FULL CIRCUIT

A new early morning option! Power-FULL is 50-minute circuit workout that starts out with 15-20 minutes of cardio, adding in strength and stability training for the remainder of the class. All fitness levels welcome.

When: Thursdays, January 9 – February 27
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simons

TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to advanced fitness level.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 9:10 – 10:10 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

TABATA (after work)

When: Wednesdays, January 8 – March 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier
Young adults 18 years of age and over are welcome to drop in for \$9.

TABATA & More

If you are looking for an end of the week workout to challenge yourself; join us Fridays at noon. The instructor will change the exercises weekly using a variety of fitness equipment. Wear comfortable exercise clothes and bring your water bottle. Intermediate to advanced fitness level.

When: Fridays, January 10 – February 28

(8 weeks)

Time: 12:05 – 12:55 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simons

Dance & Movement

MOVEMENT MEDICINE

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing a long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow.

When: Tuesdays, January 14 – February 11
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM
Instructor: Andrea Hertz

When: Thursdays, January 16 – April 2
(no class Feb. 6 & maybe Feb. 20)
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM
Instructor: Andrea Hertz

ZUMBA GOLD

This easy to follow program lets you move to upbeat music at your own speed. It is an invigorating class that provides modified, low impact moves for active adults. Wear comfortable clothes, indoor footwear and bring a water bottle.

When: Tuesdays, January 7 – March 31
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Sheila Mulgrew

When: Thursdays, January 9 – April 2
Time: 11:00 – 11:45 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Sheila Mulgrew

ZUMBA

Are you ready for a fun "feel happy" workout that is both for the body and mind? If so, then Zumba is for you! A fusion of Latin and International music and dance combinations will have you moving to a blend of fast and slow rhythms that tone and sculpt the body. Add a little Latin flavor to your workout! Bring your water bottle and dress appropriately to glow (sweat). Register early to receive the best price.

When: Mondays, January 13 – February 10
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Sheila Mulgrew

ZUMBA TONING

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). Move to the rhythm of the Latin-inspired dance and international music beats. The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class, however may not be as easy to use. Come give it a try!

When: Saturdays, January 11 – February 8
Time: 10:30 – 11:15 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Sheila Mulgrew

"If you want something you've never had, you must be willing to do something you've never done."

~ Thomas Jefferson,
Third President of the United States

Sports

PICKLEBALL LESSONS

If you are interested in learning the game of pickleball, register for this 4 week course. The first 2 weeks are very important to attend. If you cannot commit to them it is suggested not to register. The last 2 weeks are for regular play. Some equipment will be supplied. Bring a water bottle; wear comfortable exercise clothes and clean, indoor court shoes. Please complete an Activity Waiver Form upon registration. Instructor is Rhonda McInnes.

When: **Session 2:** Fridays, February 7 – 28
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, February 5

When: **Session 3:** Fridays, March 6 – 27
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, March 4

When: **Session 1:** Saturdays
February 1, 8, 22, 29
Time: 9:15 – 11:00 am
Fee: \$30 LSCO M; \$50 NM
Register by: Wednesday, January 29

BADMINTON

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Drop in fee is \$3.50 for non members. Pay at the Administration Desk prior to playing.

When: Mon/Wed/Fri
Time: 11:10 am – 12:30 pm
When: Thursdays
Time: 10:00 am – 12:00 pm
Fee: \$66/12months & LSCO membership
Drop In Fee: \$3 LSCO M; \$5 NM

BASKETBALL

Enjoy playing basketball! Join this noon hour group for friendly yet competitive games. Showers and day use lockers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, January 7 – March 31
Time: 12:00 – 1:00 pm
Drop in Fee: \$5 LSCO M; \$7 NM

Creative Arts

MAKING LEMONADE OUT OF LEMONS

Do you have a piece of art work that just doesn't work or you know something but can't figure it out. Well this is a great class to work it out. The first week we will exam your piece or pieces and try to pick out a course of action on how to fix or correct elements that will make help your piece be more effective. The next week we will come back after you have adjusted your art work and see if it's working any better. It's a great way to fix those troublesome areas and hopefully save your artwork. Even Picasso didn't always create a masterpiece. Supply List available.

When: Wednesdays, March 18 & 25
Time: 10:00 am – 12:00 pm
Fee: \$25 LSCO M; \$50 NM
Instructor: Donna Gallant
Register by: Monday, March 16

Technology

IPHONE

Note: This is not a beginner class. If you have taken the basic course and are ready to explore more of what your Android can do register for this 2 day course. If you have an APPLE product this course is NOT for you.

When: Monday & Wednesday
February 10 & 12
Time: 10:00 am – 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Instructor: Peter Harris
Register by: Friday, February 7

APPLE WATCH

Get the most out of your Apple Watch! This class is for all Apple Watch Series. Learn how to add apps and music. Set fitness goals and monitor your activity rings. Learn how to make phone call or send a text right from your wrist! As well as learning how to activate fall detection and initiate an EKG heart rate scan (Series 4 and 5). Find out other wonderful things you can do with your Apple Watch! Must have an Apple Watch and an iPhone 6S or newer for the class.

When: Thursdays, February 6, 13, 20 &
Fridays, February 7, 14, 21
Time: Thursdays 10:00 am – 12:00 pm
Fridays, 1:00 – 3:00 pm
Fee: \$50 LSCO M; \$80 NM
Instructor: Rod Henriquez
Register by: Monday, February 3

Thank you

LSCO's 2020 Challenge has been a huge success. Sixty five people participated. We are not able to report who won prizes as the paper went to print before the challenge ended.

Thank you everyone who supported the event.
We hope you had fun!

STRENGTH & CONDITIONING

Participants will use free weights, resistance tubing, body weight, and more to improve strength, flexibility and overall health. Wear comfortable workout clothes, indoor sneakers. Bring a water bottle, yoga or exercise mat. Intermediate to advanced fitness level.

When: Wednesdays,
January 8 – March 25
Time: 8:00 – 8:50 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Debbie Palmer



SENIOR Ultimate Fitness Memberships

Individuals 55 years +

Membership Benefits

- Individuals will have **unlimited access to the Fitness Centre** during hours of operation.
- Individuals will have an opportunity to attend a variety of exercise and yoga classes without having to pay an additional class fee.

Note:

1. Certain class restrictions do apply.
2. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.

See the LSCO Times or www.lethseniors.com for class listings/details.

- 15% off Meals in the Dining Room.

In **addition** to the regular LSCO 12 month \$50 Membership, there will be a fee of \$60/month.

Note:

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments.
Option #1: Pay full 6 month fee of \$324 (which is a 10% discount).
Option #2: \$60/month for 6 months = \$360.
- 12 month commitment – not available at this time.

ADULT Ultimate Fitness Memberships

Individuals 35 – 54 years

Membership Benefits

- Individuals will have **unlimited access to the Fitness Centre** during hours of operation.
- Individuals will have an opportunity to attend a variety of exercise and movement classes without having to pay an additional fee.

Note:

1. Certain class restrictions do apply.
2. To secure your spot in classes it is suggested you register with us (at no extra cost) otherwise you may risk the class being full.

See the LSCO Times or www.lethseniors.com for class listings/details.

- 15% off Meals in the Dining Room.

In **addition** to the regular LSCO 12 month \$90 Membership, there will be a fee of \$65/month.

- 6 month minimum commitment: 1 time full payment or 6 pre-authorized payments .
Option #1: Pay full 6 month fee of \$351 (which is a 10% discount).
Option #2: \$65/month for 6 months = \$390.
- 12 month commitment – not available at this time.



10X PASS CLASS/FITNESS PASS

This Pass is the perfect solution for anyone who enjoys participating in a variety of classes or working out in the Fitness Centre. Certain restrictions apply (some classes may be full with pre-registered participants). Please ask at the Administration Desk. Pass expire 6 months from the date of purchase. Fee: \$55 LSCO Members; \$85 Non Members.

Present your pass to the instructor as you have access to the following classes: Fitness Centre, Low Impact Cardio, Bars Plates & Weights, Butts & Guts, Core, Circuit Training, Cycling, Fitball, Gentle Exercises, Taekwon-Do, Pilates, Pound, TRX, Step, Strength & Conditioning, Yoga (except Noon & Yin), Power Walking, Tabata, Zumba (all Zumba styles).

Movement Medicine

Step in and dance your body beautiful! Nia inspired Movement Medicine is a celebration of the way your body moves. A blend of dance, sing-a-long music, martial and healing arts, that create a playful practice of loving and living in your body. Movement Medicine invites inspiration, exploration, ease and flow. Andrea Hertz instructs these classes.

When: Tuesdays
January 14 – February 11
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays
January 16 – April 2
(no class Feb. 6 & maybe Feb. 20)
Time: 5:15 – 6:15 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM



CLASSIFIED ADS

CERTIFIED ELECTRICIAN. Member of LSCO. Small Jobs for Reasonable Rates. Lights, Fans, Switches, Receptacles or general cleanup of unsafe wiring. Ph/Text Bill at 403.394.1958.

Everyone welcome to the **Faith Baptist Church** – Sundays at 11:00 am at the Lethbridge Senior Citizens Organization (LSCO) at 500 – 11th St. South. Phone 403-381-8237.

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Hair Loom Salon & Barber Shop is reopen! 410 - 13 Street North. 403-328-1054. Shampoo & set, Men's & Women's cut, Perm & Color. Parking in the back is available!

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or Email: winners_bingo@telus.net

"SUCCESS IS WALKING FROM FAILURE TO FAILURE WITH NO LOSS OF ENTHUSIASM."

~ Winston Churchill

Daily Drop In Fitness/Yoga Fees 2020

Feel free to call ahead to find out if space is available for the exercise/fitness classes as some do fill quickly. Call 403-320-2222.

Program	M	NM
Badminton	\$2.50	\$3.50
Bars Plates Weights	\$6.00	\$9.00
Basketball	\$5.00	\$7.00
Billiards	\$6.00	\$7.00
Butts & Guts	\$6.00	\$9.00
Cardio/Strength	\$6.00	\$9.00
Crib	\$2.00	\$2.00
Cycling	\$6.00	\$9.00
Fitness Centre	\$6.00	\$7.00
Fitball	\$6.00	\$9.00
Gentle Exercise	\$6.00	\$9.00
Golden Mile Singers	\$2.00	\$2.00
Karaoke	\$2.00	\$2.00
Keep Fit	\$3.00	\$5.00
Low Impact Cardio	\$6.00	\$9.00
Movement Medicine (Nia)	\$8.50	\$12.00
Pickleball	\$3.00	\$5.00
Pilates	\$6.00	\$9.00
Pound Fitness	\$6.00	\$9.00
Power Walking	\$6.00	\$9.00
Scottish Country Dance	\$3.00	\$5.00
Scrabble	\$2.00	\$2.00
Strength & Conditioning	\$6.00	\$9.00
Step	\$6.00	\$9.00
Suspension Training – TRX	\$6.00	\$9.00
Tabata	\$6.00	\$9.00
Table Tennis	\$2.00	\$2.00
Taekwon-Do	\$6.00	\$9.00
Zumba (all styles)	\$6.00	\$9.00
Yoga Classes		
Chair Yoga	\$3.00	\$5.00
Active Yoga	\$6.00	\$9.00
Hatha Monday	\$6.00	\$9.00
Gentle Yoga	\$6.00	\$9.00
Men's Yoga	\$6.00	\$9.00
Tuesday Noon Yoga	\$8.50	\$12.00
Thursday Noon Yoga	\$8.50	\$12.00
Yin Yoga	\$10.00	\$15.00

Will the Nickel Go the Way of the Penny?

While most Canadians think we should keep the nickel, four in 10 young adults disagree

The results of a recent survey show that Canadians are split on whether we should keep the nickel. About one in three Canadians, 36%, said they'd be happy to see it gone, while the majority – 55% – said we should keep it.

Younger people were more likely to agree with getting rid of the coin; 41% of those aged 18 to 34 sided with phasing it out. Among those over 55, only 29% agreed.

Opinions about the nickel also varied by region: 63% of respondents from Saskatchewan and Manitoba favoured the coin, while only 47% of those from Quebec said the same.

The penny has been out of circulation since 2013, leaving some wondering whether the nickel would be next. In 2016, a Desjardins study suggested the nickel should go because of its decreasing buying power. In the same year, the government studied the pros and cons of keeping the nickel, and while the

Finance Department didn't recommend getting rid of it, it observed that, "As there are virtually no goods or services that can be purchased for a nickel, or several multiples thereof, the coin is generally used only to make change as part of larger transactions.

"The purchasing power of the nickel has eroded over time, relative both to prices and incomes."

On the other hand, according to the the Royal Canadian Mint, it still costs less than five cents to produce a nickel – that is, producing the nickel remains profitable for the Mint, which wasn't true of the penny.

Though those surveyed were split on whether to keep the nickel, most agreed that getting rid of the penny had been a good idea – 75% said they were on board with the decision, and that percentage jumped to 81% among young people aged 18 to 34.

January 15, 2020

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CHINESE CULTURAL SOCIETY LETHBRIDGE AND DISTRICT

Senior New Year Dinner

Who: Seniors 60+

Where: Modern Chinese Restaurant
103 - 7th Street S, Lethbridge AB

Date: February 8, 2020 from 6:00 pm

Cost: \$25

Please contact Lam Tran for tickets
403-320-5508



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Fitness/Yoga Schedule

February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Low Impact Cardio 8:00 – 8:50 am Deb: Gym 2	Bars, Plates & Weights 8:00 – 8:45 am Tracy: Gym 2	Strength Conditioning 8:00 – 8:50 am Deb: Gym 2 Yoga for Men 8:30 – 9:30 am Skip: Room A/B	Power-FULL Circuit 8:00 – 8:45 am Tracy: Gym 2		
Yin/Yang Yoga 9:00 – 10:30 am Karen: Room A/B Walking with Weights 9:10 – 10:00 am Tracy: Gym 1 Tabata 9:10 – 10:10 am Jamie: Gym 2	Cycle Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 am APR	Power Walk 9:10 – 10:00 am Jamie: Gym 1 Chair Yoga 9:35 – 10:25 am Stage Area	Suspension Training TRX Combo 9:00 – 9:50 am Jamie: Gym 2 Fitball & More 9:00 – 9:50 am Shawn: Gym 1 Gentle Yoga 9:30 – 10:30 APR	Active Yoga 9:00 – 10:00 am Shawn: APR	
Hatha Yoga 10:00 – 11:00 am Leigh: Board Room Gentle Exercise 10:15 – 11:00 am June: Gym 1 Butts & Guts 10:30 – 11:15 am Tracy: APR	Cardio Kickbox 10:00 – 10:50 am Tracy: Room A/B Starts February 11	Hatha Yoga 10:00 – 11:00 am Leigh: APR Keep Fit 10:15 – 11:00 am Jamie: Gym 1		Gentle Exercise 10:15 – 11:00 am Tracy: Gym 2 Pound Fitness 10:45 – 11:30 am Sheila: Stage Area	Zumba Toning 10:30 – 11:15 am Sheila: Stage Area
Pound Fitness 11:00 – 11:45 am Sheila: Stage Area	Zumba Gold 11:00 – 11:45 am Sheila: APR		Zumba Gold 11:00 – 11:45 am Sheila: APR	Indoor Cycling 11:15 am – 12:00 pm Tracy: Gym 2	
Pilates 12:05 – 12:55 pm June: APR Suspension Training TRX Combo 12:10 – 12:50 pm Jamie: Gym 2	Yoga 12:05 – 12:55 pm Melanie: APR Core Café Xpress 12:10 – 12:50 pm Jamie: Gym 2	Bars, Plates & Weights 12:05 – 12:55 pm Tracy: Gym 2	Yoga 12:05 – 12:55 pm Melanie: APR 2020 Xpress Cycle 12:10 – 12:50 pm Jamie: Gym 2	Tabata & More 12:10 – 12:50 pm Tracy: Gym 2	
TaeKwon-Do 1:15 – 2:15 pm Nicole: Gym 2 Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	TaeKwon-Do 1:15 – 2:15 pm Nicole: Gym 2 Butts & Guts 1:15 – 2:15 pm Tracy: APR Circuit Training 1:30 – 2:30 pm Jamie: Fit Centre	Circuit Training 1:30 – 2:30 pm & 2:40 – 3:40 pm Jamie: Fit Centre		
Suspension Training TRX Combo 5:15 – 6:15 pm Jeannie: Gym 2 Zumba 5:15 – 6:15 pm Sheila: APR	Yoga 4:45 – 5:45 Shawn: Room A/B Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: APR Step/HIIT 5:15 – 6:15 Erich: Gym 2	Tabata 5:15 – 6:15 pm Jamie: Gym 2 Pound Fitness 5:15 – 6:15 pm Jeannie: Room A/B Power Walking 6:30 – 7:30 pm Jerry: Gym 2	Butts & Guts 5:15 – 6:00 pm Tracy: Room APR Movement Medicine (Nia) 5:15 – 6:15 pm Andrea: Gym 2 Step 5:15 – 6:15 pm Erich: Room A/B		

Note: Please arrive at least 10 minutes prior to class starting.
Classes may be cancelled if attendance is poor. Schedule may change without notice.
Feel free to ask us for additional information.

**Have some free time? We have a number of volunteer positions available.
Give our Volunteer Coordinator a call at 403-320-2222 ext. 31.**

February LSCO Weekly Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room	Woodworking 8:15 am – 4:00 pm Wood Shop Billiards 8:15 am – 4:00 pm Billiards Room Tai Chi Club 8:30 – 9:30 am Stage Area
Amateur Radio Club 9:00 am – 12:00 pm Radio Room	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Advanced Photography 9:30 am – 12:00 pm Computer Lab	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Scrabble 9:30 am – 1:00 pm Card Area	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Art & Craft Workshop 9:00 am – 12:00 pm Art Room Scrabble 9:30 am – 1:00 pm Card Area	Amateur Radio Club 9:00 am – 12:00 pm Radio Room Paper Toile 9:00 am – 3:00 pm Art Room Digital Photography 9:00 am – 12:00 pm Computer Lab
Lapidary 10:00 am – 3:00 pm Lapidary Room	Lapidary 10:00 am – 3:00 pm Lapidary Room Golden Mile Singers 10:30 – 11:30 am, Room C/D	Lapidary 10:00 am – 3:00 pm Lapidary Room Genealogy 10:00 am – 3:00 pm Board Room	Badminton 10:00 – 11:55 am Gym 1 Lapidary 10:00 am – 3:00 pm Lapidary Room	Scottish Country Dance 10:30 – 11:45 am Room A/B Lapidary 10:00 am – 3:00 pm Lapidary Room
Badminton 11:10 am – 12:30 pm, Gym 1		Badminton 11:10 am – 12:30 pm, Gym 1		
	Basketball 12:00 – 1:00 pm Gym 1 Quilting 12:00 – 3:00 pm Stage Area		Wood Carving 12:30 – 2:30 pm Stage Area	
Computer Club 1:00 – 4:00 pm Computer Club	Adult Day Program 1:00 – 4:00 pm, Room C/D Karaoke 1:00 – 3:30 pm Board Room	Adult Day Program 1:00 – 4:00 pm, Room C/D Bingo 1:00 – 3:00 pm Stage Area Computer Club 1:00 – 4:00 pm Computer Club	Adult Day Program 1:00 – 4:00 pm, Room C/D Crib 1:00 – 3:00 pm Card Area Knitting/Needlework 1:00 – 4:00 pm Board Room	
Table Tennis 3:00 – 4:30 pm All Purpose Room		Table Tennis 3:00 – 4:30 pm All Purpose Room		Table Tennis 3:00 – 4:30 pm All Purpose Room

For more information regarding programs contact the Administration Desk at 403-320-2222.

Note: Some programs are for members only while others are open to the community. Schedule may change without notice.

For information about LSCO programs go to www.lethseniors.com and register online.



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Bonnars Ferry, ID	Feb. 2-5, 2020 Super Bowl Action	\$385 pp/dbl
Moose Jaw, SK	March 1-4, 2020 Temple Gardens, Spa, Casino	\$425 pp/dbl
Camrose, AB	May 24-28, 2020 Camrose Resort & Casino	\$229 pp/dbl
Yellowstone	June 21-27, 2020 Old Faithful, Sightseeing	\$1400 pp/dbl
Winnipeg, MB	Aug. 9-15, 2020 Folklorama Festival	TBA pp/dbl
Polson/Kalispell	Sept. 9-12, 2020 Sunset Cruise, Smoke Jumper Tour	\$485 pp/dbl
Deadwood, SD	Sept. 27-Oct. 3, 2020 No rules, no regrets	TBA pp/dbl


China April 7-24, 2020 Amazing Deal for 18 days \$5300 pp/dbl
All Inclusive (except your shopping!) – Airfare, visa, tips incl: Great Wall, Tiananmen Square, 4 day luxury Yangtze River Cruise Ship with Cabins & Balconies, Bullet Train, Panda Research Center, Silk Pearl & Jade Factory Shopping, Ghost City, Bird's Nest Olympic Centre & more.

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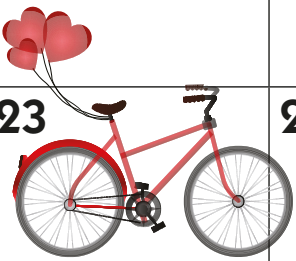
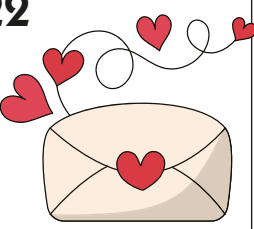



Note: This is not a beginner class. If you have taken the basic course and are ready to explore more of what your Android can do register for this 2 day course. If you have an APPLE product this course is NOT for you. Instructor is Peter Harris.

When: Monday & Wednesday, February 10 & 12
Time: 10:00 am - 12:00 pm
Fee: \$20 LSCO M; \$40 NM
Register by: Friday, February 7



February 2020 - LSCO Adult Day Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	4 Classic Legends 1:00 pm Chair Exercises 2:45 pm Room C/D	5 Fun with Wii 1:00 pm Room C/D	6 Music with Sandy 1:00 pm Room A/B	7 Free Community Music in Stage Area Hank Wiebe 11:45 am ~ 1:30 pm Lunch Special	8 
9 	10 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	11 Music with Hank 1:00 pm Chair Exercises 2:45 pm Room C/D	12 Bowling Holiday Bowl 1:00 pm	13 Music with Floyd 1:00 pm Room A/B	14 Free Community Music in Stage Area Classic Legends 11:45 am ~ 1:30 pm Lunch Special	15
16 	17 LSCO Closed for Family Day	18 Pet Therapy with Kyra & Jax 1:00 pm Chair Exercises 2:45 pm Room C/D	19 Horse Racing 1:00 pm Room A/B	20 Music with Gerry 1:00 pm Room A/B	21 Bryce, Carl, Annabelle & Harvey 11:45 am ~ 1:30 pm Lunch Special	22 
23 	24 <i>Expressive Art</i> 1:00 ~ 2:30 pm Room C/D	25 Movie Time 1:00 pm Room C/D	26 Bowling Holiday Bowl 1:00 pm	27 Music with Tom 1:00 pm Room A/B	28 Free Community Music in Stage Area Brian Rainey 11:45 am ~ 1:30 pm Lunch Special	29

Lethbridge Senior Citizens Organization operates an adult day program giving individuals with physical or mental limitations the opportunity to participate with other adults in a variety of activities. Cost is \$3 LSCO M & \$5 NM per visit.

How to spot fake reviews online

Even if you shop online rarely (or never), reading product reviews on e-commerce sites can help you make informed decisions about in-store purchases. But how much can you rely on anonymous online opinions?

Like many things on the Internet, product reviews are best taken with a grain of salt. Just as some of the goods for sale on sites like Amazon are counterfeit, so are some of the reviews you find online—shady businesses pay people to buy their products and post fake reviews.

Here are some signs to watch for when you're trying to decide whether a review is to be trusted.

Similar Wording

One of the most obvious signs of fake reviews is a number of reviewers all using the same or similar phrases. It's possible that the vendor has hired them to emphasize certain features of the product. For the same reason, you should be wary if you see multiple reviewers posting extremely similar photos of the product.

A Short Timeframe

Another thing to check is the dates of the reviews. If you're seeing multiple five-star ratings reviews posted within the same timeframe, be suspicious.

No Company Website

That something is listed on a major e-commerce website doesn't mean that the product or company is legitimate. Many companies, such as BestBuy, Amazon, and Walmart, allow third-party vendors to sell products through their platform. These goods are advertised as "shipped and sold by" the third-party vendor. If that's the case, always search for the manufacturer's website to make sure that the company exists. If you can't find one, it's best to stay away.

Luckily, you don't have to rely on your intuition only in the fight against fake reviews. Websites such as *Fakespot* and *ReviewMeta* will scan through product reviews for you, using specialized artificial intelligence. *ReviewMeta* is limited to checking reviews of products on Amazon, but *Fakespot* will help you sift through reviews of hotels and restaurants, as well. You'll get a detailed report, including an "adjusted" review score, and an explanation of why some of the reviews may be false

by Matt Smith
January 24, 2019

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Good Times Magazine.

TRX COMBO

Kick start 2020 with this energizing class. Combined with strength and cardio you will work towards fitness goals. Use your own body weight to develop strength, balance, flexibility and core stability. Come and SUSPEND with your friends or meet new ones to boost metabolism, build strength and improve heart health.

When: Mondays, January 6 – March 30
(no class February 17)

Time: 5:15 – 6:15 PM

Drop In Fee: \$6 LSCO M: \$9 NM

Instructor: Jeannie Ng

Individuals 18 years of age and up welcome by paying a drop in fee of \$9.



GIFT CARD

Use the LSCO Gift Card to pay for class registrations, fitness centre passes, parking passes, memberships fees and to pay for your meal in the Dining Room.



Parenting adult children – our relationships

I want to review a recent article I read five tips for relating to your now-adult child.

The author talks about how emerging adults need a different kind of closeness than when they were young. They need emotional support that helps boost, not stifle, their confidence in their own coping skills, and they need parents to bear witness to their increasing capacity to take on responsibilities, even if there are setbacks or mishaps along the way.

1. Observe respectful boundaries.

For emerging adults, keeping a privacy buffer is a crucial part of defining a separate identity, building confidence in making decisions, and learning to stand on their own. Parents who have cherished a close relationship when their children were younger may feel hurt if they sense their grown kids pulling away. Suddenly kids are balking at coming home during their vacations or are no longer available for lengthy phone chats. While it's natural to miss the former intimacy, it helps to understand their increased need for distance is appropriate for this stage of their lives and not to take it as a personal affront.

2. Listen more than you talk.

Restraint is the elusive virtue now required of you, to keep from giving too much unwelcome advice or asking too many nosy questions. After years of hands-on parenting, you may bristle at how often you must bite your tongue as your children make both smart and not so good decisions. You may struggle with the want-to-fix-its, but if you jump in too quickly to unravel grown kids' dilemmas, their important problem-solving muscles won't have a chance to develop.

That said, there are still times during your kids' 20s when you do have to voice your concerns and *get involved even if your kids don't want you to* (and even if you aren't happy stepping in yourself). If you're wondering about whether



LEARN Case Manager

Joanne Blinco

learn@lethseniors.com

403-394-0306

to say something, ask yourself if the behavior that's bothering you is serious, dangerous or simply unpleasant.

3. Do what you love together and intimacy will follow.

When kids were young, family time happened inevitably. But now to hang out with your cooking-on-all-burners 20-somethings, you need to get creative.

Many parents will go to great lengths to carve out time and activities that work for their grown children. Hard-to-get baseball tickets or dinner reservations, biking, skiing, even training for a marathon, like one gutsy, 64-year-old mother of two agile sons. Her report: "My knees hurt, but I learned so much about them."

4. Set ground rules for how to disagree.

Many of the benefits parents reap at this stage result from the kids' more sharply honed communication skills. Compared with their younger selves, emerging adults are more likely to talk things over with their parents and peaceably process disagreements. Plus, they're better able to see the other person's point of view. Their frontal cortex is ripening like fine wine, and that means improved judgment, less impulsivity and a greater likelihood they'll think before they speak.

If conflict does start to escalate, dial it down by listening to them without interrupting and

then commenting in a neutral tone. When that's not possible, taking a time-out for both sides to calm down is as useful at this stage as it was during their toddler years. *Sleeping on it* or letting heated emotions cool is also as good a strategy to use with grown children as it is for any couple or close friends.

5. Make room for significant others in their lives.

Maybe you wish that your son's girlfriend was different or that your daughter's boyfriend had a better job. But unless you notice behavior that's seriously disturbing, do your best to embrace the people your grown kids love. And when they do settle on a partner, accept that it follows naturally for them to put that person first. When it comes to big decisions, plans or handling hardships, even the most dutiful grown children will shift their primary attachment to their mate.

As parents, you're in the business of putting yourselves out of a job when your kids grow up, so nurture your own dreams while continuing to cultivate a close friendship with them.

Elizabeth Fishel and Jeffrey Jensen Arnett (AARP, American Association of retired persons) are coauthors of When Will My Grown-Up Kid Grow Up?

In closing as always, if you, or someone you know is experiencing elder abuse, please give me Joanne a call. **When it comes to Elder Abuse, silence is not an option.**

The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations working together to educate and support senior citizens at risk of or experiencing abuse. For more information or to report a concern, please contact the LEARN Case Manager, Joanne Blinco 403-394-0306 or e-mail: learn@lethseniors.

Zumba Toning

Zumba Toning is a cardio workout aimed at sculpting and toning specific muscles groups, working the thighs, abs, and arms by using toning sticks (filled with sand typically between one and three pounds). Move to the rhythm of the Latin-inspired dance and international music beats. The classes feature several minutes of cardio work interspersed with strength training. Regular weights can also be used in a Zumba Toning class, however may not be as easy to use. Come give it a try!

When: Saturdays, January 11 – February 8

Time: 10:30 – 11:15 am

Drop In Fee: \$6 LSCO M; \$9 NM

Instructor: Sheila Mulgrew

Location: ★ LSCO – Room A/B

Badminton

Everyone of all skill levels are welcome to play badminton weekdays however; many have been playing for awhile and at times, games become more competitive. Drop in fee is \$3.50 for non members. Pay at the Administration Desk prior to playing.

When: Monday/Wednesday/Friday

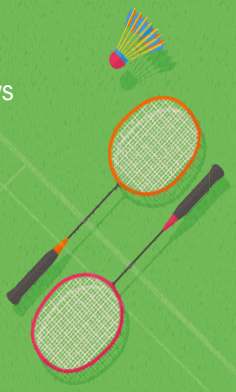
Time: 11:10 am – 12:30 pm

When: Thursdays

Time: 10:00 am – 12:00 pm

Fee: \$66/12months & LSCO membership

Drop In Fee: \$3 LSCO M; \$5 NM



Check for registration deadlines as a late fee will be charged for some classes.

APPLE WATCH

Get the most out of your Apple Watch! This class is for all Apple Watch Series. Learn how to add apps and music. Set fitness goals and monitor your activity rings. Learn how to make phone call or send a text right from your wrist! As well as learning how to activate fall detection and initiate an EKG heart rate scan (Series 4 and 5). Find out other wonderful things you can do with your Apple Watch! Must have an Apple Watch and an iPhone 6S or newer for the class.

When: Thursdays
February 6, 13, 20 &
Fridays
February 7, 14, 21

Time: Thursdays
10:00 am – 12:00 pm
Fridays, 1:00 – 3:00 pm

Fee: \$50 LSCO M; \$80 NM

Instructor: Rod Henriquez

Register by: Monday, February 3



LSCO FREE COMMUNITY Music Program February 2020

February 7
Hank Wiebe
Roast Pork

February 14
Classic Legends
Chicken Alfredo

February 21
Bryce, Carl, Annabelle & Harvey
Meat Loaf

February 28
Brian Rainey
Lasagna

Lunch served 11:00 am ~ 1:00 pm
Music Program 11:45 ~ 1:45 pm
LSCO Stage Area

Lethbridge Senior Citizens Organization
500 - 11th Street South • 403-320-2222

HATHA YOGA



Experience the benefits of Hatha Yoga to help you relax, build strength, improve balance and enhance your quality of life. Our safe, gentle approach offers spiritual nourishment as well as health benefits. You'll come away refreshed, renewed and invigorated. Instructor: Leigh Monette.

When: Wednesdays, January 8 – March 25
Time: 10:00 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Location: All Purpose Room (downstairs)



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TABATA

This high energy fitness class is designed to give you a tough, exhilarating work out! Participants will perform a variety of timed exercises that will push you in a new way (20 seconds of work at maximum effort, followed by 10 seconds of rest; 8 times). Wear comfortable exercise clothes, indoor shoes and bring your water bottle. Intermediate to advanced fitness level.

When: Mondays
January 6 – March 30
(no class February 17)
Time: 9:10 – 10:10 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier

After Work

When: Wednesdays,
January 8 – March 25
Time: 5:15 – 6:15 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Jamie Hillier
Young adults 18 years of age and over are welcome to drop in for \$9.

Tabata & More

If you are looking for an end of the week workout to challenge yourself; join us Fridays at noon. The instructor will change the exercises weekly using a variety of fitness equipment. Wear comfortable exercise clothes and bring your water bottle. Intermediate to advanced fitness level.

When: Fridays
January 10 – February 28
(8 weeks)
Time: 12:05 – 12:55 pm
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simons

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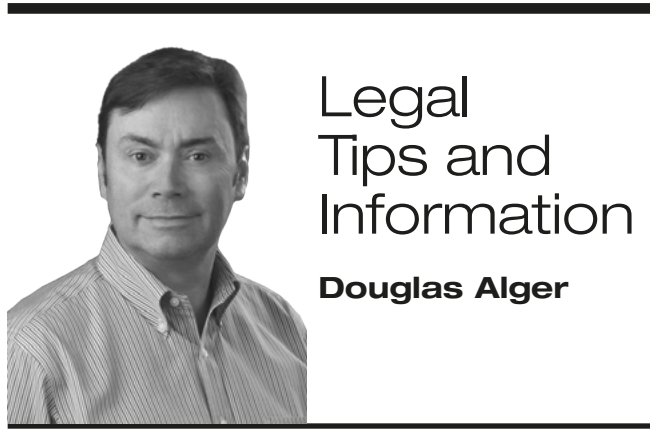
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Navigating the Tricky Waters of Real Estate Transactions

Are you thinking of doing a real estate transaction in 2020, either selling and/or buying a new home? If so, there are some new legal trends that you should be aware of before you take steps to do so.

Many of you know that when you sell your home, you likely have to have a Real Property Report (RPR) and a Letter of Compliance (LOC) from the city or town where your property is. To explain, an RPR is a document prepared by a land surveyor that shows the location of all the structures on the property, including your home, fences, decks, garages, and sheds. The LOC is a document from the City of Lethbridge or other municipal authority saying that the property complies with zoning laws and that permits for any new structures on the property have been granted. Typically, an RPR costs about \$650.00 and a LOC costs about \$100.00.

For example, you are selling your home that you have lived in since the early 1980's. Throughout the course of ownership you have added an exterior garage, put a deck on the home, and added a shed in the backyard. When you built the home, you also added an exterior attachment to the home that acted as a covered shelter. If you purchased the home before 1989, then you do not have an RPR or LOC as RPR's did not come into existence until 1989. You meet with your realtor and they indicate that your home will sell quickly and in fact it sells within two days of listing it. The problem is that you are likely required to provide the buyer of your home an RPR and LOC, but you don't have time to deal with any problems that the RPR and LOC might reveal.



Legal Tips and Information

Douglas Alger

Going back to our example, say you built the detached garage in the 1990's and at the time your contractor didn't get a permit to build the garage. When the city receives your new RPR, they will notice that the garage was added and that it was built without a permit. You of course would have long forgotten about the garage and likely didn't know it was built without a permit. You wouldn't know that the garage was built too close to the property line either. You have now sold the home, the possession date is February 20th, 2020 and your new RPR and LOC, is ready days before the sale is completed and there is no way you can deal with the matter of the delinquent garage. In our example you can substitute, garage for deck or shed. These issues can send your simple real estate sale into a tailspin and cause you unnecessary stress.

So, what is the solution to this problem? If you have enough time and you know are selling your home this year and want to wait for a few months before listing it, order your RPR and LOC right away. That way if any problems come up, you can deal with them well before

the property is listed and ultimately sold. Further if some problems come up, that can't be rectified, then you can make any potential buyer aware of the problem and they can take the RPR and LOC as is. Bear in mind that most problems with an RPR are not serious and the City of Lethbridge very rarely and has never in my experience gone out and taken down a structure on a property. Also most problems are fixable, you just don't want to get into a situation where you are trying to negotiate this with the buyer on the date of possession.

The other solution if you don't have time, is to indicate to your realtor, that you will not be providing an RPR and LOC, but rather you will provide title insurance to the Buyer. Title insurance, for what it's worth, gives the buyer insurance money, if down the road they discover a defect, such as the examples above. The problem with title insurance is that the only way one can discover a defect is to order an RPR. Title insurance is like sweeping something under the carpet, it's still there, but if discovered after title insurance is in place, then title insurance can fix the defect.

Either way, when buying or selling a home, it pays to talk to a lawyer, well before you put your signature on the contract. Although the buying and selling of real estate is fairly routine, there are little complications that can come up and bite you. As the old saying goes, "An ounce of prevention is worth a pound of cure." ★

Alger Zadeiks Shapiro LLP is a local Lethbridge Law Firm.

Winter kills your fuel economy – here's how to improve it

Winter can be hard on our cars (as well as our wallets), as the cold weather forces vehicles to work overtime and increase fuel consumption. With this in mind, the auto experts at OK Tire share their top tips to help you save at the pumps this season.

1. Inflate your tires. Underinflated tires can cause a 4 to 8 per cent increase in your fuel consumption – and 70 per cent of vehicles on the road have one or more underinflated tires. To ensure your tires are the proper pressure, use a gauge every two weeks to check they are inflated to the recommended PSI. If you're unsure of what your pressure should be, consult your vehicle manufacturer's specifications which can be found in the owner's manual, gas-tank flap or the driver's side door.

2. Preventative maintenance is essential. Get an oil change. The harmful by-products your engine creates can get trapped in your vehicle's oil and hamper the engine's ability to lubricate and cool all its moving parts – preventing it from running as efficiently as it needs to. At least once a year, remember to replace the air filter as a dirty one restricts the flow of air into your engine, causing your vehicle's fuel economy to drop by more than 15 per cent.

3. Change to winter tires. Winter tires are designed for winter conditions. Their tread has improved traction to combat wet, snowy and icy surfaces and their rubber compound stays soft in colder temperatures. Make sure to always check the alignment of your wheels to limit the amount of wear and tear on your tires –

proper alignment aids in the vehicle's stability, permitting the engine to work more efficiently.

4. Avoid aggressive driving. Hard breaking and quick accelerations affect fuel efficiency. Drive steadily and, if possible, decelerate and coast in heavy traffic scenarios rather than fully bringing your car to a stop.

5. Stop unnecessarily idling. Many believe it's necessary to "warm up" their vehicles by getting their engine going before they start driving. However, most cars only need about 30 seconds. Driving slowly also permits the car to warm up, and rather than getting zero mileage with added fuel loss, you're moving in your desired direction.

Find more information at oktire.com.

www.newscanada.com

Community Support Groups

Community Supports Groups that meet at LSCO provide support to individuals with medical or specific health concerns.

Parkinson's Alberta Society Support Group

The next meeting will be **Thursday, February 20th** at 2:00 pm in the Atrium area of the dining room.

Trigeminal Neuralgia Support Group

Trigeminal Neuralgia is a chronic pain condition that affects the trigeminal nerve, which

carries sensation from your face to your brain. Mild stimulation of your face may cause excruciating pain. The next meeting is **Saturday, February 8th** at 2:00 pm in Room C/D.

Lethbridge Stroke Recovery Association (LSRA)

The next meeting will be held **Wednesday, February 12th** at 7:00 pm in Room A/B.

Sunset Alcoholics Anonymous

This group meets **Thursday evenings** at 7:00 pm in Room C & D.

Lethbridge Stroke Care Partner Support Group

This group is for Care Partners of stroke survivors only. This is a safe place to share experiences with a counseling emphasis and new topics explored each month. Next meeting is **Tuesday, February 11th** at 7:00 pm in Room C/D.

Alcoholics Anonymous Saturday Morning Eye Opener

This group meets **every Saturday morning** at 9:00 am in Room C/D.

How to Back Up Your Phone

Why risk losing all your contacts and photos when regular backups are so easy?

It's said that there are two kinds of people: those who have lost data, and those who will. If you're among the former, then you probably back up your smartphone at least occasionally, and if you don't back up your phone, then you're probably among the poor souls who are going to wish that they had.

iPhone

iPhone users have the option of backing up their device using either iCloud or iTunes. Your Apple Account automatically comes with 5GB of free storage, enabling you to back up your phone's data online. However, 5GB may not be enough space for you to back up the entire device, in which case you'll want to either **remove files** or use the iTunes method below. You could also purchase additional cloud storage for \$1 USD a month.

iCloud

To back up your files using this method, first connect to WiFi, then go to **Settings > [Your Name] > iCloud**. (If you're using iOS 10.2 or earlier, you just need to go to Settings and scroll down to the iCloud heading). Select **iCloud Backup** (or just **Backup** on iOS 10.2 or earlier) and ensure that it's turned on. Then select **Back Up Now**. Make sure that you stay connected to WiFi throughout this process.

iTunes

You can also back up your phone to your computer using iTunes. To start, connect your phone to your computer and open iTunes. You'll see a popup message prompting you to "Trust This Computer." Select **trust** or **allow**. Your iPhone's name will appear in the sidebar of iTunes. (Follow these steps if it doesn't show up). Select **Back Up Now** and your phone will begin to back itself up to your computer.

Android

Android devices are designed to integrate seamlessly with your Google Account. Chances are, if you're using an Android device, you've already got it signed into a Google Account, meaning that your contacts, photos, settings and other files are already automatically synced up. You can check in Settings to confirm that this is turned on. In this menu, scroll down to **Back Up** (or **Backup & reset**). (The wording varies slightly depending on your phone model.) You should see either the option **Back up to Google Drive**, or **Back up my data** and **Automatic restore**. Make sure that any and all of these are switched on, and you're good to go.

by Matt Smith

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www.goodtimes.ca



This class involves a series of classical pilates exercises performed on a yoga mat. Each exercise emphasizes breath, core conditioning, and body awareness. We will pay special attention to alignment and form. Light weights, resistance tubing and other props may be used to add strength and stretch work. Wear comfortable workout clothes, bring a yoga mat, and water bottle. Instructor: June Dow.

When: Mondays, January 6 – March 30
(no class February 17)

Time: 12:05 – 12:55 pm

Drop In Fee: \$6 LSCO M; \$9 NM

BASKETBALL



Enjoy playing basketball! Join this noon hour group for friendly yet competitive games. Showers are available. Fee must be paid prior to playing. A minimum of 8 players needed to keep this program going.

When: Tuesdays, January 7 – March 31

Time: 12:00 – 1:00 pm

Drop In Fee: \$5 LSCO M; \$7 NM

Computer Corner

by Sjoerd Schaafsma

iOS 13 “New and Improved”: Tools for iPhones & iPads Part 3 The Files App

According to Apple, “The Files app brings all of your files together. Easily browse, search, and organize all your files in one place. Not just the ones on the device you’re using, but also those in apps, in iCloud Drive, and across other cloud services.”

I like to know where things are on a computer. In Windows, a search can give you the file path (essentially, the directions) to the app or file you’re looking for; in iOS, Files, sort of does this. I say sort of because I still haven’t found where the Files app itself is on my iPad. I can however bring it up easily with spotlight and typing in “files”, or holding down the home button and saying, “Siri, open the files app”. If you have the answer please let me know. My friend Google has taken me to a few sites that say just do this or that, but it seems the newest version of iOS doesn’t do ‘this or that’. Files does show you where files can be found, as in which app on your device or which cloud service a file is stored in. It’s up to you to set up the remote storage apps, and local apps so that Files will list them. There’s too much information to explain it all in this column.

Apple’s introduction of the Files app can be found here – YouTube: Get to know the Files app on your iPad – Apple Support <https://www.youtube.com/watch?v=I5EA8iI5ojQ> or the shorter version from bitly: <https://bit.ly/35Oy9ZE>

Check the links below the video for more pointers on how to use the Files app.

Jargon: A Long Press, is holding your finger on a button or file name, till something happens (besides the file or app opening). On some file names it may bring up a menu of options such as: delete, move, rename a file, etc. Simple examples are holding down the home button to bring up Siri, or an icon on the home screen to move or delete it. Files is a good place to play with it. Don’t lose what you’re playing with though; test it on an unimportant file first.

Club Notes

LSCO Computer Club members have access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events. If the lab is closed ask for the key at the reception desk. Wireless internet access is available at: ComputerLab-Guest

For one on one help for a specific problem please email computerclub@lethseniors.com, giving a date, time and what you’d like help with. We’ll try to hook you up with someone who will be able to help you in the lab. The help service is available to Computer Club members only. Suggestions for workshops are welcomed.

The Computer Corner can be read online at the Computer Club web site <https://bit.ly/3a761UL>, which is the short form of <https://sites.google.com/site/oldfolkscomputers/computer-corner-archives>

To subscribe to the computer club email list, or if you have questions about the Computer Club. Email: computerclub@lethseniors.com

Computer Club WORKSHOPS & Events

The LSCO Computer Club has access to the computer lab on Mondays and Wednesdays from 1 – 4 pm. This time may be pre-empted for other events. These are low key sharing events geared for seniors and beginners, we are here to help, not speak “High Geek” (but we will translate 😊). Unless otherwise stated **Workshop events will run from 2 - 4 pm**. Feel free to come early.

February

Monday 3: Updates, Sharing & help session

Wednesday 5: Scanning Photos and Slides to digital format

Monday 10: Sharing & help session

Wednesday 12: Sharing & help session

Monday 17: Family Day – LSCO CLOSED

Wednesday 19: Organizing photos, transferring between devices and storage

Monday 24: Planning, Sharing & Help session

Wednesday 26: Sharing & help session

Suggestions for other workshops are welcomed. Check the bulletin boards in the main lobby and beside the computer lab for last minute changes.

Updates to the schedule can be found at: <https://sites.google.com/site/oldfolkscomputers/workshop-calendar> or <https://tinyurl.com/y9hrad5g>

Email: computerclub@lethseniors.com to be added to the email list or to ask for help from the computer club.



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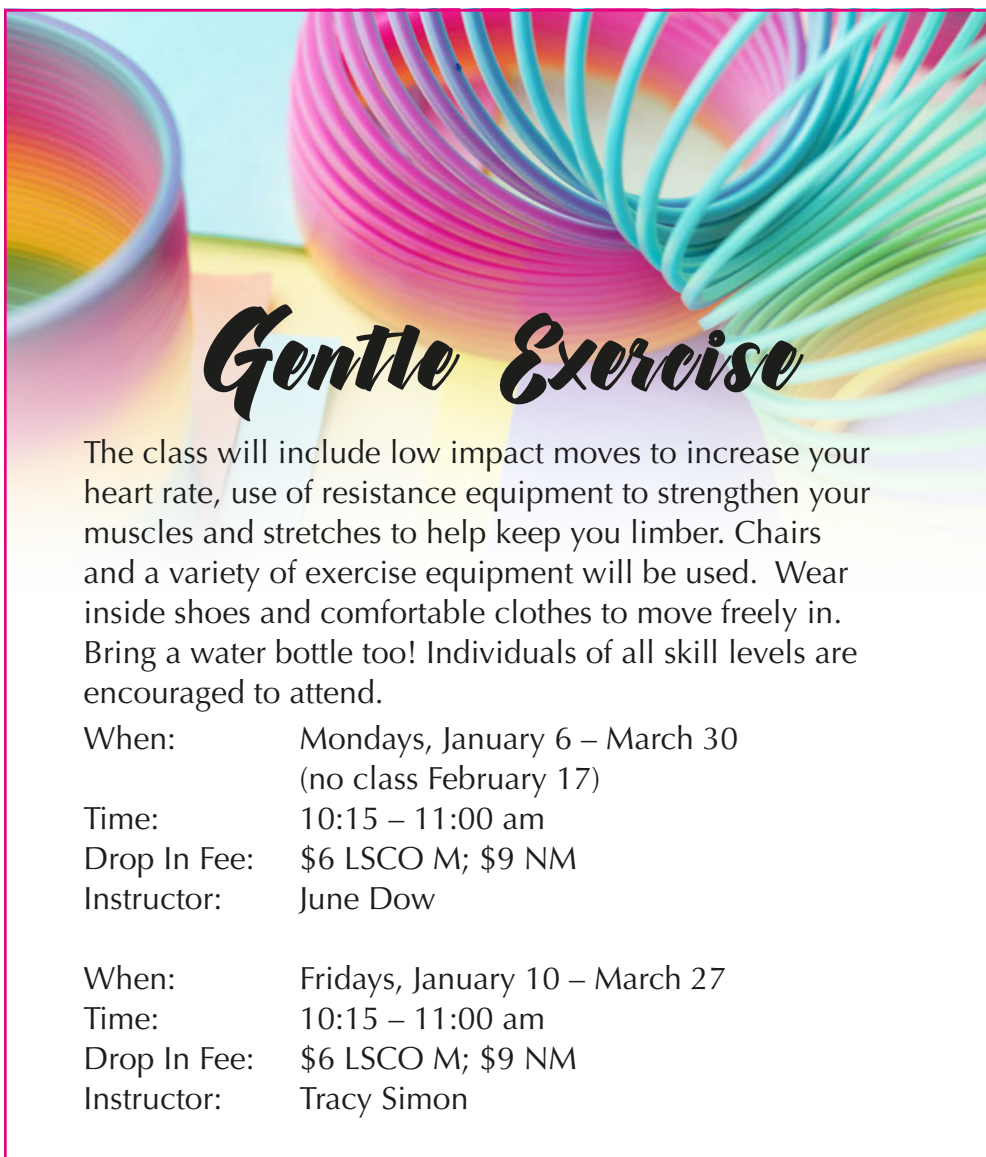
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Gentle Exercise

The class will include low impact moves to increase your heart rate, use of resistance equipment to strengthen your muscles and stretches to help keep you limber. Chairs and a variety of exercise equipment will be used. Wear inside shoes and comfortable clothes to move freely in. Bring a water bottle too! Individuals of all skill levels are encouraged to attend.

When: Mondays, January 6 – March 30
(no class February 17)
Time: 10:15 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: June Dow

When: Fridays, January 10 – March 27
Time: 10:15 – 11:00 am
Drop In Fee: \$6 LSCO M; \$9 NM
Instructor: Tracy Simon

Yoga Noon Hour

This moderately paced class teaches safe alignment in foundational yoga poses assisting students to build strength, increase flexibility and breath awareness. Wear comfortable workout clothes, bring a yoga mat, water bottle All skill levels welcome. Instructor is Melanie Hillaby.

When: Tuesdays, January 7 – March 31
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

When: Thursdays, January 9 – April 2
Time: 12:05 – 12:55 pm
Drop In Fee: \$8.50 LSCO M; \$12 NM

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For the Love of Dogs

It is the everlasting and unchanging law of this world that everything is created by a series of causes and conditions, and everything disappears by the same law; everything changes, nothing remains constant.

~ Words of Buddha, from GRATEFULNESS, an essay by Minister Yasuo Izumi

I love dogs, especially those that I have lived with through the years of my life. I currently live with my 7th canine friend and, the good Lord willing, Ramone will be my last. The problem with dogs is that they do not live as long as people so to love a dog means that one will eventually have to grief his or her passing. As Buddha's wise words say, "...nothing remains constant." In the last, almost 13 years, I have lost one very special dog, which made room for another, very different dog.

JoJo: The dog-faced boy was a happy, boisterous Shih Tzu, puppy when we brought him home. He joined a family with two orange, tabby twin boys and they all adjusted well to each other but it was a big change in our life. JoJo was so good, so easy to live with, that we bravely took him on a long journey to visit family when he was only 4 months old. The only problem we had was that he was trained for pee-pads so he christened several Welcome mats along the way. As he grew, so did his hair, and we were fortunate to find Laura, who groomed him once a month for the rest of his life. No bows or long hair for our little boy. He was a beautiful buff/cream color and needed no brushing with his short haircut. Life was good with our pets for many years, then one day I noticed that Jo was drinking lots of water and peeing more than normal. We were off to the vet right away and, sure enough, he was diabetic. So for the next few years our lives revolved around breakfast at 7:00 AM, first shot 1/2 hr. later, then life as usual until supper at 5:00 PM, shot 1/2 hr. later and many trips to the vet to have his blood sugar checked. Last year his little body had had



The Widow's Walk

Kay Long, BSW, RSW

enough and it was time for another big change in our life. We had to let him go.

Losing a pet, especially one that took such constant care and attention left a big hollow in our lives and especially in my heart. The more one invests in a pet, the more they will be missed when they are gone. I not only missed him, I couldn't stop grieving. It was as though I had lost an important person in my life. I began to have pains in my chest. The doctor sent me for all the tests and, eventually said that I was suffering from a broken heart which could be a serious problem. Having been there before due to loss, I knew I had to do something to help myself. I began looking for another dog. This time it had to be one that was not a puppy - I'm too old for dealing with the puppy stage and know that I might not live long enough to see the dog's life to the end. So we were looking for another change in our life.

I found the picture of Ramone on the Lethbridge Humane Society Petfinder website. He was a little black Chihuahua dressed in a bumble bee Halloween costume and, even through the picture, you could see such a happy personality. I sent the application to the canine rescue service where he was currently living and got an answer right away. After a few questions we were approved for a two week trial period. The lady told me when she brought Ramone to our house that she knew right away that this would

be Ramone's forever home. Two months have now passed and no one could take him away from us. After the two weeks trial period our adoption papers were approved and he is now part of our family.

Ramone has an interesting history. He is 5 years old so we have no idea where he lived in his early life. For whatever reason he wound up in a Las Vegas shelter in Nevada in very poor condition. He had been living on the street, weighed slightly over 8 pounds, was balding on his head, down his spine and on his belly and his nails were so long they curled into his paw pads. He was scheduled for euthanasia when Cleo's Karma Canine Rescue group found him. After looking into his eyes, past the obvious problems that could be seen, and knowing that he was basically healthy, they decided that he was worth saving and, with a bit of kindness and rehabilitation could eventually be adoptable. He was. Hopefully Ramone will be our last dog and Sandi, our last cat. Our tabby twins made it to 14 and 21 years so we had to get another orange cat. Sandi was only a year old when we adopted him and he and Ramone get along very well.

Change happens in life and we must learn to cope with the tragedy and joy that comes with it. I've used part of our pet family history to demonstrate that, while one pet never replaces a lost one, it does leave our hearts and home open for a new family member. If everyone who had the wherewithal to welcome a pet into their home they will be rewarded. There are so many dogs and cats who need forever homes and most of them are quite accepting and adaptable to nearly all situations. Positive change is always welcome for people and for pets. A pet doesn't need much - just shelter, food, water (as needed) and lots of love. And regular visits to a vet for a check-up. ★

The Widow's Walk: A Survivor's Handbook can be purchased by calling Kay Long, 403-320-6856, or emailing annieo@shaw.ca. The book is \$15 which covers mail or delivery.

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